

WIDE RECEIVER FUNDAMENTALS

I. STANCE

- Inside foot up (85% of your weight)
- Inside leg – Knee should be bent and over the foot
- Outside leg- Straight (do not lock)
- Outside foot – Heel on ground
- Spacing – Feet should be shoulder width
- Torso – Slight lean forward (shoulders over knees)
- Elbows – Tight and ready to hammer back
- Hands – Up and in front to insure proper hammer angle
- Head – Your choice. We must be able to get pre-snap coverage call and see ball being snapped

II. START and RELEASE

- Push through the knee and foot of inside leg. (Your hips will drop slightly to help with power)
- Hammer your elbow back. (Your arm should remain in a 90-degree angle)
- Constantly negotiate what release will help provide the best leverage for blocking or create the best separation for route execution.
- We will utilize 3 releases
 1. Inside Release - Inside release in order to gain a head-up position versus a defender who plays an inside technique
(Cover 3 or 1)
 2. Outside Release – Outside release in order to gain a head-up position on a defender who plays an outside technique (Cover 2)

3. Speed Release – Release directly at a head-up defender who is playing soft (Cover 3)

III. BLOCKING

- Blocking is 90% effort and 10% technique. (You will not see the field if you can't block)
- Sell the void when possible
- Avoid crossing one foot over another
- Sit in the chair (squat stance) during stalk block
- Low man wins
- Fit your hands inside defender's frame
- Keep elbows right
- You must keep your feet under you and moving (do not lunge)

IV. MUSTS!

- Understand concept of every play so you know where and why you are blocking the defender
- Always run routes 100% regardless if you are playside or backside
- If the ball touches your hand, it must be caught
- Compete for every ball
- Catch and tuck ball away
- Always be the aggressor!

Wide Receiver Drills

The following is a comprehensive list of receiver drills. They are intended to simulate different aspects of game play the receiver needs to be able to make.

Pre-Snap (1-2 per practice)

Stance

DRILL: Stance Check

x) Coaching points: Narrow base, one foot back (sprinter stance). On balls of feet. Heels slightly off ground. Forward lean. Knee, ankle, hip flexion. Eyes up scanning the field. Arms can hang loose or up like boxer.

Motion

DRILL: Line players up at position. Practice various pre-snap motions they do from your different sets. Don't waste team reps because your receivers are doing it improperly. Do it right in individual time.

Formations

DRILL: Line players up at position. Call out formations and they must quickly line up in it.

DB Structure reads

DRILL: Line up "dummies" as defenders to give receivers a look and discuss how their alignments and keys can tip off their coverage. Give cover 2, 3, and 0 looks. Give zone vs man tips

Zone = defenders look inside, will not move across with motion, more likely to be outside shade. Feet will likely turn into QB.

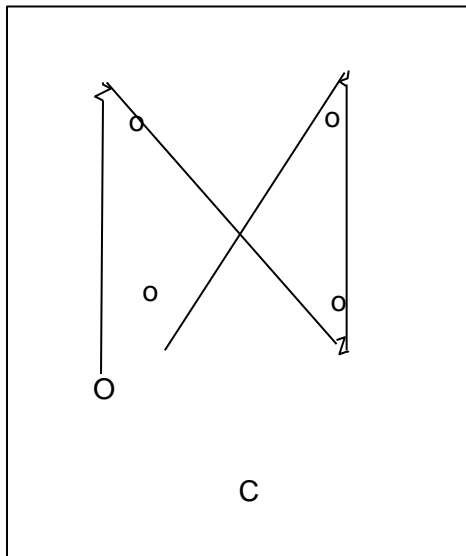
Man = defenders look at receivers; will move across with motion, more likely to be inside shade. Feet will likely turn towards receiver.

Agilities (3-5 per practice)

Coaching points: Arms tight to body with good form run. Forward lean. Running on balls of feet. Lower center of gravity on change of direction. Pedal breaks – quick short choppy steps. Elbow jam to twist torso on COD. Head snap around. Accelerate out of break. Hands do not come up till ball is very near.

1) Square (set up four cones in square 6 yards apart)

- a) 90's b) hooks / comebacks c) Diamond shape (6 cones) 45 breaks

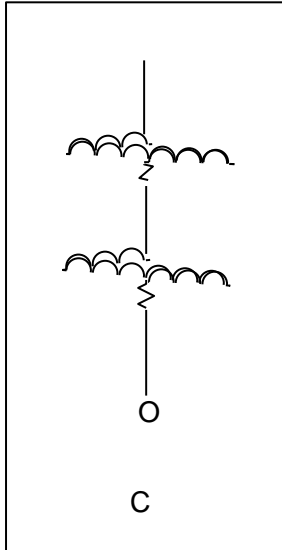


b) Hooks / comebacks

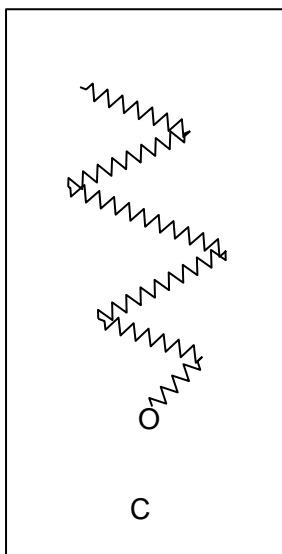
2) Stalk block agilities

a) **Approach Breakdown – repeat 3 times**

a) AB shuffle side to side – repeat 3 times



3) Basketball zig zag – side to side going backwards on 45 angle facing coach. Drop outside foot back. Often receivers simply have to stay in front of man. Too often they lunge and miss. Teach them the movement to stay in front of defender in order to maintain block.



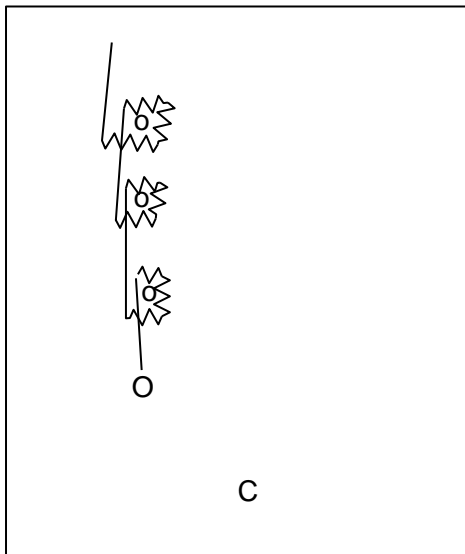
4) Rope Drills

- a) High knees, double time (2 steps each square), sideways, hops, typewriter – left to right and up a level going all the way side to side.

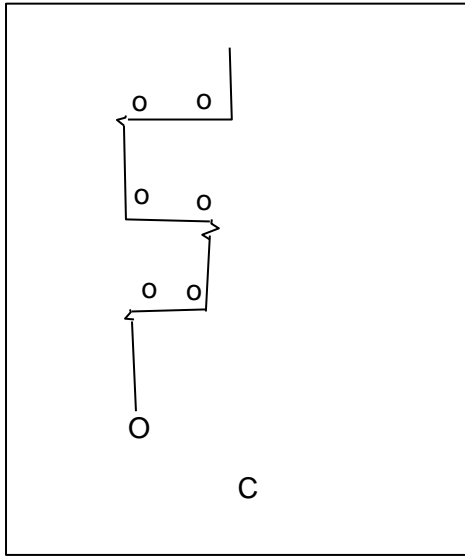
5) Bags

- a) High knees, double time, sideways, side to side, back and forth, bear crawl

6) Circle cone – four cones in path. Burst to cone. Circle feet around cone with low center of gravity. Burst to next cone. Repeat.



7) Lateral Slide



8) Bam Bams (3-step plant. Moving forward make 45 degree change of direction cut. Practice head fake opposite way of where you break to)

Blocking ABCD's

A = Approach

a) Give a pass look. Try to run them off. Force DB to backpedal. Use a weave to get his eyes to look away from the play.

B=Breakdown

a) Read the defender, when he reads run and breakdowns you must be ready to quickly breakdown. You want to be 2-3 yards in front of him. Mirror him. Do not let him by you. You will take him where he wants to go (worst case scenario).

DRILLS - 1) Approach breakdown 2) AB Slide 3) Bball Zig Zag backwards

C=Contact & D = Drive

DRILLS – 1) Form fit 2) Triple hit 3) Triple hit & Drive 4) Mirror, hit & Drive

5) ABCD vs Dummy defender 6) ABCD vs live defenders

Cut blocks

DRILLS 1) Form 2) On bag 3) Cut & Roll vs bag

Releases

DRILLS:

Read Defender alignment. Try to recognize the coverage. Identify where you need to go to force him away from your eventual pattern break.

Stem is your upfield action after you release off the line.

Weave is the slight adjust in your path to influence the defender away from your pattern break. You want to make him turn his hips away from where you will end up coming.

Technique vs Press a) Rip b) Swim c) Juke d) Spin e) Step back (if DB lunges)

Catching (3-5 per practice)

DRILLS:

1) Form catch & Tuck

2) Turn catch, & Tuck

3) Catching 1) **On the run** ball straight to you

2) **Ball Behind you.** Reach back and catch with two hands turning backwards and spin coming out running forward again.

3) **Low ball.** Bend at the knees. Pinkies together.

4) **High ball.** Catch at highest point

5) **Fade.** High arcing throw over outside shoulder. Have to adjust path to ball. Catch it over outside shoulder not allowing DB access to ball.

6) **On contact** (same drills but now use bagholder to hit receivers as or after the catch)

Patterns

Coaching Points: Receivers must not tip off routes. They can tip off where they are going by looking there. That is why we teach the “**nod**” where they look one way over the DB’s shoulder as they break and plant going the other way. The purpose of this is to fake the defender and to get his hips to turn away from where we are going. Another bad practice is to stop their arms on the break. They must **keep their arms pumping** to facilitate balance, and speed out of their break. Also, if they stop their arms on the break the DB will read this, if they keep them going they give the illusion that they are still running upfield. Receivers must then **ACCELERATE OUT OF THE BREAK!!!** This is one of the main flaws in receiver’s patterns. They must escape the defender. Do not even throw them a ball in drills if they are sloppy or lazy at this. As they will not get balls thrown their way if they cannot get open.

DRILLS for Patterns:

1) **Cones** to mark route

2) **Chaser** behind receiver running same route trying to catch them. Forces them to push speed and fakes

3) **Stem** weave with route. Receivers must have plan, purpose & practice it.

4) **Vs Air** (with or without ball)

5) **1vs1** with DB’s

Ball protection (2-3 per practice)

Review – 4 points of pressure = Eagle Claw, forearm, bicep, ribs

DRILLS:

1) Partner – One ball carrier. Other tries to slap / strip checking security of ball in one hand. Then switch arm, then other partner's turn.

2) Gauntlet drill-Catch ball and run through 2 lines of other players who try to slap at ball.

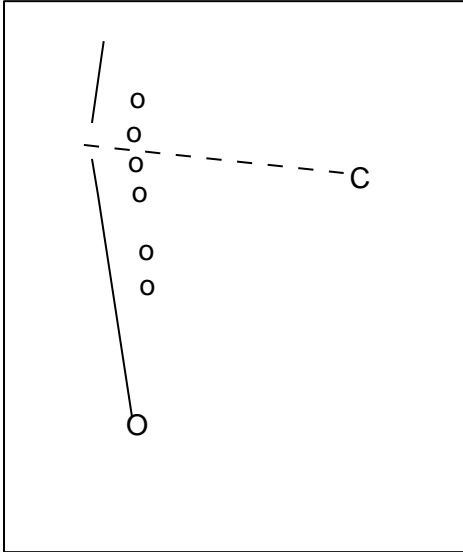
3) Ball wrestle drill – Partner combat drill. One holds ball in one arm. His partner is beside him on the ball side. He has 6 seconds to wrestle it away from partner. The ball carrier cannot run away from the partner. But can only move forward holding ball tight but also letting his partner try to wrestle it out.

4) Behind Strip drill- Receivers jog downfield with ball and with partner behind them. Partner randomly tries to punch the ball out underhand or use overhand chop.

Concentration Drills

DRILLS:

1) **Behind the trees** – Line of players facing coach. Take turns running behind line where players try to wave at ball throw over top and distract catch running behind them.



2) Run Pattern & **Split between** two bagholders at point of catch.

3) **Cut off** – Step in front of partner catching ball in front of his outstretched arms

4) **High ball combat** – Two people at time. Coach throws ball up. They go up trying to catch at highest point and/or denying other person's catch. Cannot pass interfere unless tipped.

5) **Over the top** – Stand behind partner. Coach throws ball at in front partner's raised hands. Behind partner tries to make catch over top of him.

6) **Come to me** – Receivers in one line face coach. One at a time they run towards him making catch.

7) **Pepper drill** – Same drill but coach throws ball hard.

8) **Rock the clock** – Partner drill. Throw ball around partners body where he has to catch it. Throw in order like a clock's arms tick.

9) **Tip Drill** – One line facing coach. First person tips coaches pass up high (like volleyball set, next man in line makes catch).

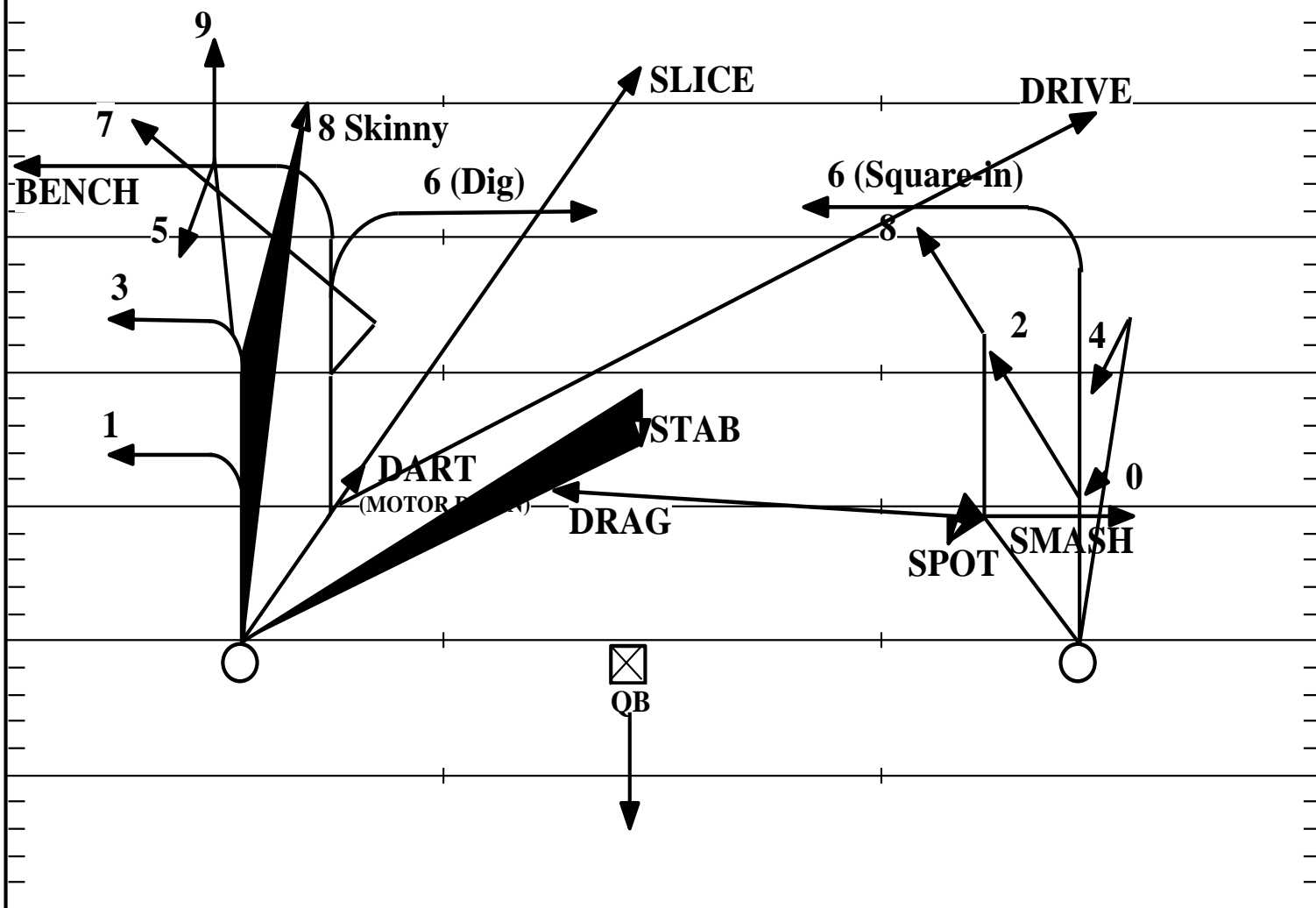
10) **Sideline** – Players run towards sideline and coach throws pass at sideline where the receiver has to make catch with possession with one foot inbounds.

11)**Endline** – Similar to sideline but over the shoulder catch simulating back of endzone catch. Coach passes from goalline.

12)**Fade** – Run fade pattern and adjust to ball when it is thrown and at height of its arc. Don't react to quick as you will take DB to ball.

13)**One hand Catch** a) high b) fade

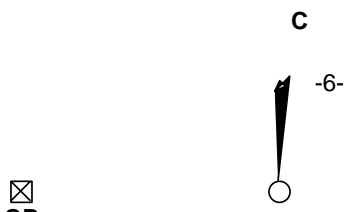
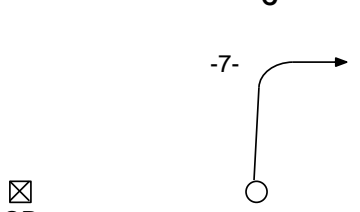
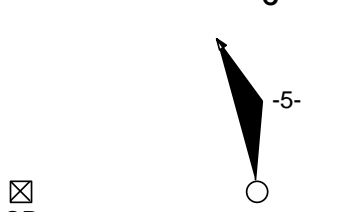
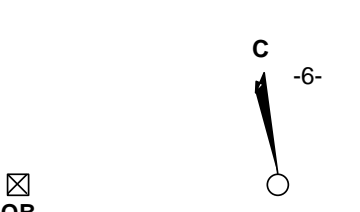
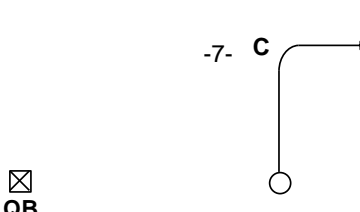
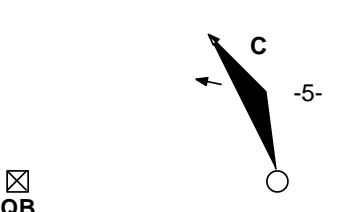
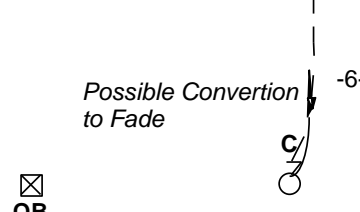
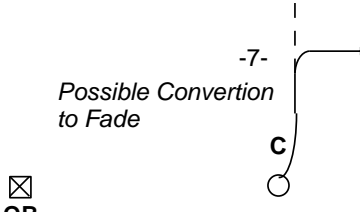
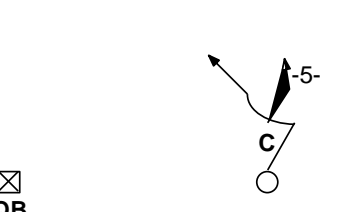
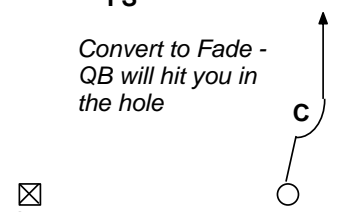
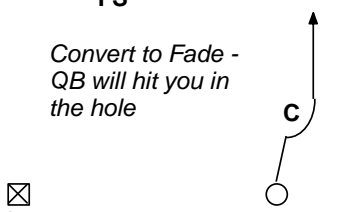
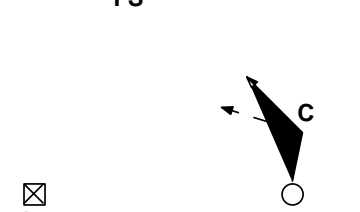
NUMBERED PASS ROUTES FOR WIDE RECEIVERS

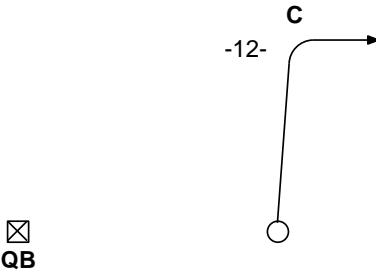
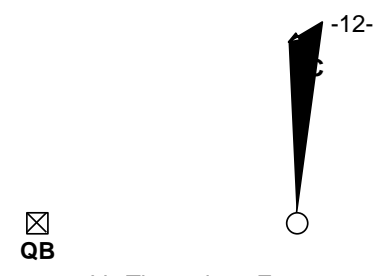
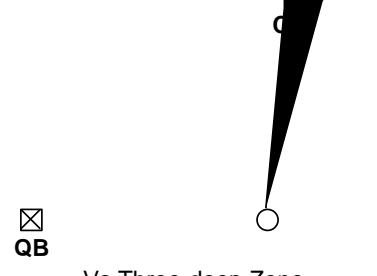
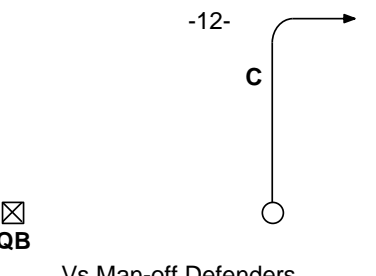
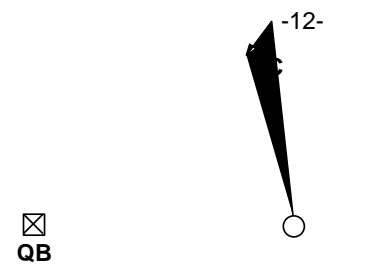
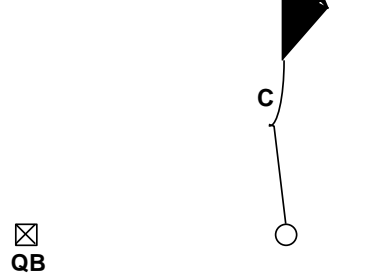
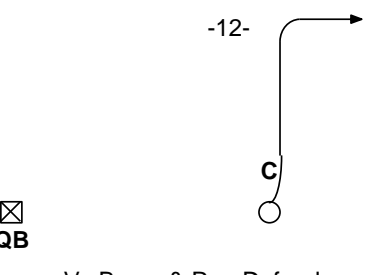
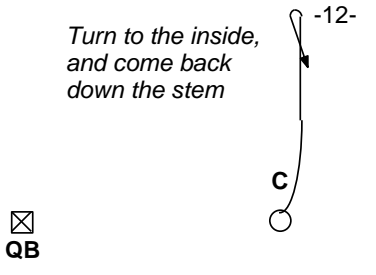
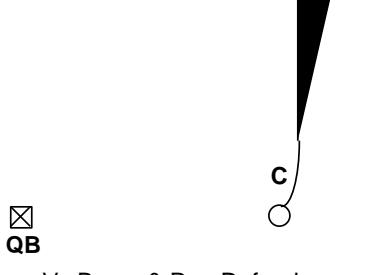
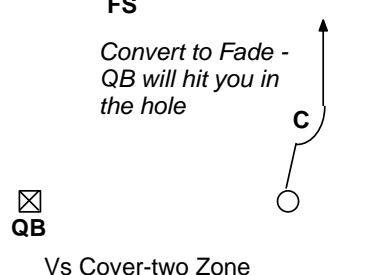
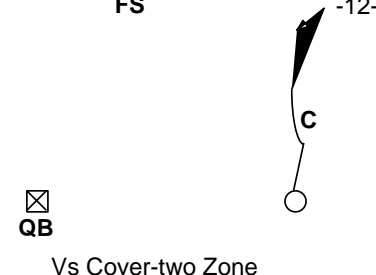
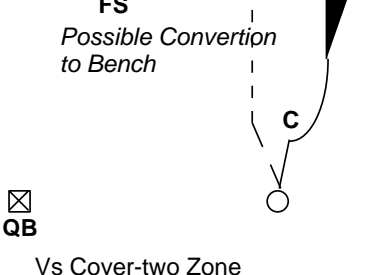


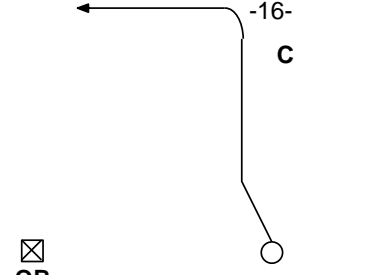
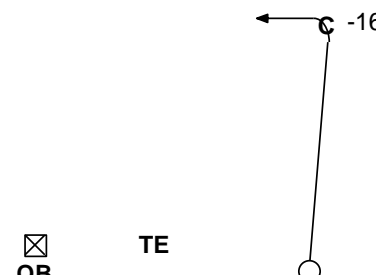
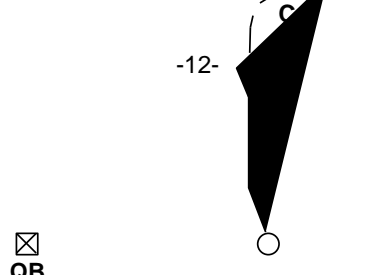
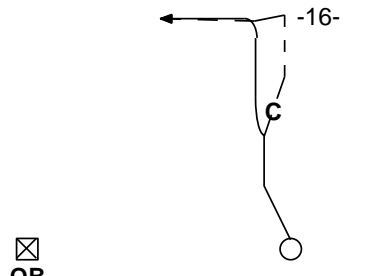
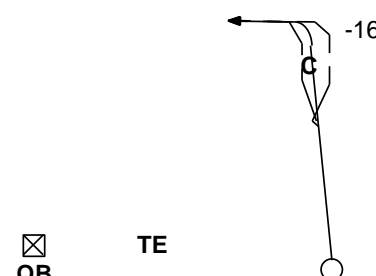
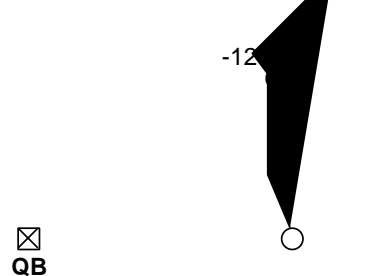
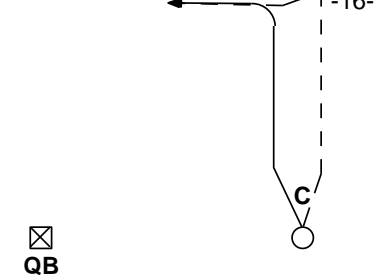
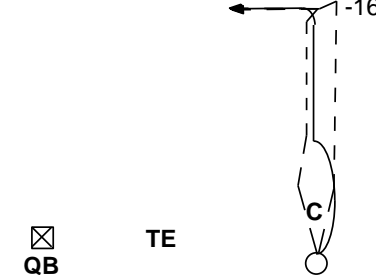
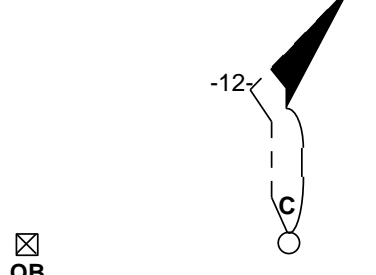
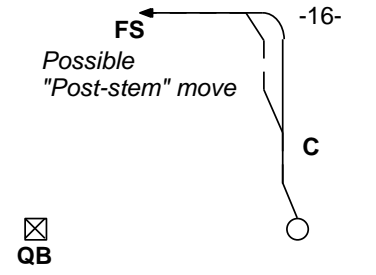
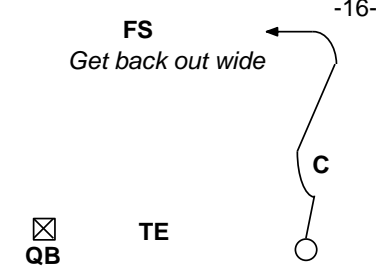
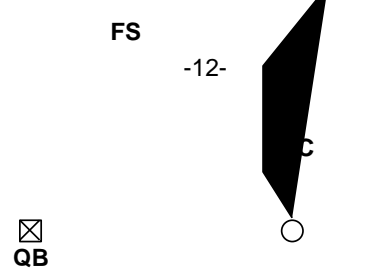
**ODD NUMBERED ROUTES
GO TO THE OUTSIDE.**

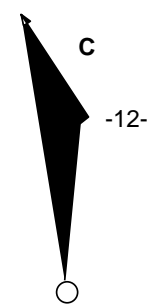

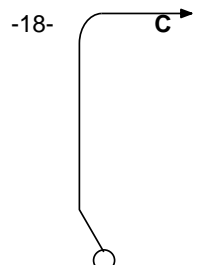
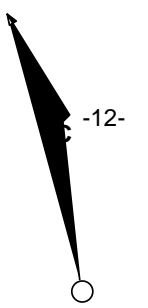

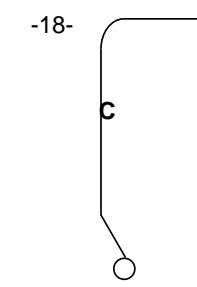
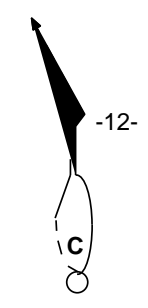
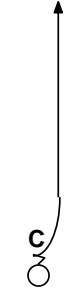
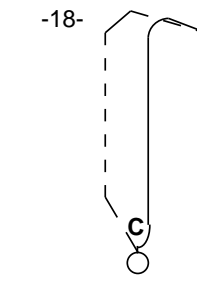
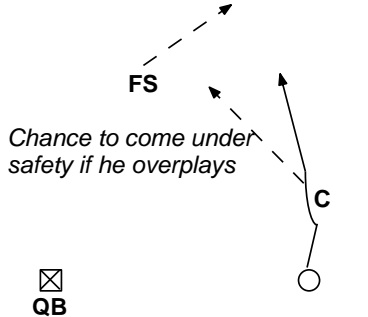
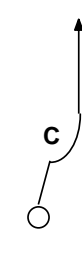
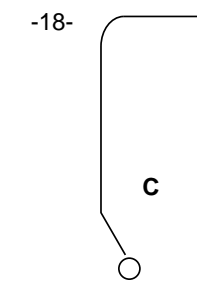
**EVEN NUMBERED ROUTES
GO TO THE INSIDE.**

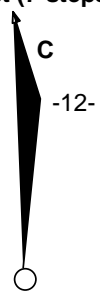
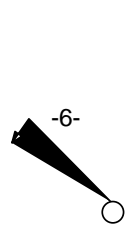
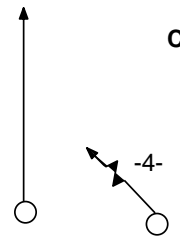

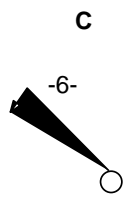
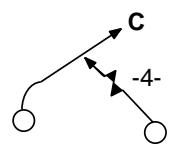
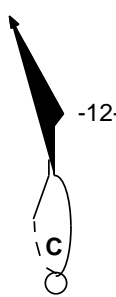
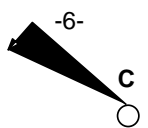
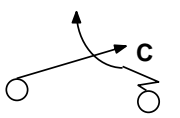

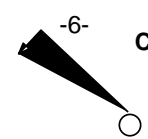
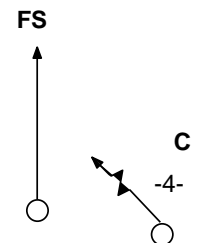
**ALWAYS REMEMBER..... THE LARGER THE NUMBER,
THE DEEPER THE ROUTE.**

<p>6-Yard Quick Hitch (4-steps)</p>  <p>⊠ QB</p> <p>Vs Three-deep Zone</p>	<p>7-Yard Quick Speed-out (4-steps)</p>  <p>⊠ QB</p> <p>Vs Three-deep Zone</p>	<p>5-Yard Quick Slant (3-steps)</p>  <p>⊠ QB</p> <p>Vs Three-deep Zone</p>
 <p>⊠ QB</p> <p>Vs Man-off Defenders</p>	 <p>⊠ QB</p> <p>Vs Man-off Defenders</p>	 <p>⊠ QB</p> <p>Vs Man-off Defenders</p>
<p><i>Possible Conversion to Fade</i></p>  <p>⊠ QB</p> <p>Vs Bump & Run Defenders</p>	<p><i>Possible Conversion to Fade</i></p>  <p>⊠ QB</p> <p>Vs Bump & Run Defenders</p>	 <p>⊠ QB</p> <p>Vs Bump & Run Defenders</p>
<p>FS</p> <p><i>Convert to Fade - QB will hit you in the hole</i></p>  <p>⊠ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p> <p><i>Convert to Fade - QB will hit you in the hole</i></p>  <p>⊠ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>⊠ QB</p> <p>Vs Cover-two Zone</p>

<p>12-Yard Speed-out (6-steps)</p>  <p>QB</p> <p>Vs Three-deep Zone</p>	<p>12-Yard Curl (6-steps)</p>  <p>QB</p> <p>Vs Three-deep Zone</p>	<p>18-Yard Comeback -18-</p>  <p>QB</p> <p>Vs Three-deep Zone</p>
 <p>QB</p> <p>Vs Man-off Defenders</p>	 <p>QB</p> <p>Vs Man-off Defenders</p>	 <p>QB</p> <p>Vs Man-off Defenders</p>
 <p>QB</p> <p>Vs Bump & Run Defenders</p>	<p>-Top Gun-</p> <p><i>Turn to the inside, and come back down the stem</i></p>  <p>QB</p> <p>Vs Bump & Run Defenders</p>	 <p>QB</p> <p>Vs Bump & Run Defenders</p>
<p>FS</p> <p><i>Convert to Fade - QB will hit you in the hole</i></p>  <p>QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p> <p><i>Possible Conversion to Bench</i></p>  <p>QB</p> <p>Vs Cover-two Zone</p>

<p>16-Yard Dig</p>  <p>⊠ QB</p> <p>Vs Three-deep Zone</p>	<p>16-Yard Square-in</p>  <p>⊠ QB TE</p> <p>Vs Three-deep Zone</p>	<p>12-Yard Post-corner</p>  <p>⊠ QB</p> <p>Vs Three-deep Zone</p>
<p>- Possible Top Gun-</p>  <p>⊠ QB</p> <p>Vs Man-off Defenders</p>	<p>- Possible Top Gun-</p>  <p>⊠ QB TE</p> <p>Vs Man-off Defenders</p>	<p>- Possible Top Gun-</p>  <p>⊠ QB</p> <p>Vs Man-off Defenders</p>
<p>- Possible Top Gun-</p>  <p>⊠ QB</p> <p>Vs Bump & Run Defenders</p>	<p>- Possible Top Gun-</p>  <p>⊠ QB TE</p> <p>Vs Bump & Run Defenders</p>	<p>- Possible Top Gun-</p>  <p>⊠ QB</p> <p>Vs Bump & Run Defenders</p>
<p>FS</p> <p><i>Possible "Post-stem" move</i></p>  <p>⊠ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p> <p><i>Get back out wide</i></p>  <p>⊠ QB TE</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>⊠ QB</p> <p>Vs Cover-two Zone</p>

<p>12-Yard Post</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>	<p>Take-off</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>	<p>18-Yard Bench</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>
 <p>☒ QB</p> <p>Vs Man-off Defenders</p>	 <p>☒ QB</p> <p>Vs Man-off Defenders</p>	 <p>☒ QB</p> <p>Vs Man-off Defenders</p>
 <p>☒ QB</p> <p>Vs Bump & Run Defenders</p>	 <p>☒ QB</p> <p>Vs Bump & Run Defenders</p>	<p>- Possible Top Gun-</p>  <p>☒ QB</p> <p>Vs Bump & Run Defenders</p>
 <p>☒ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>☒ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>☒ QB</p> <p>Vs Cover-two Zone</p>

<p>12-Yard Skinny-post (7-steps)</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>	<p>6-Yard Spot</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>	<p>4-Yard Dart</p>  <p>☒ QB</p> <p>Vs Three-deep Zone</p>
 <p>☒ QB</p> <p>Vs Man-off Defenders</p>	 <p>☒ QB</p> <p>Vs Man-off Defenders</p>	 <p>☒ QB</p> <p>Vs Man-off Defenders</p>
<p>B</p>  <p>☒ QB</p> <p>Vs Bump & Run Defenders</p>	 <p>☒ QB</p> <p>Vs Bump & Run Defenders</p>	 <p>☒ QB</p> <p>Vs Man-off Defenders</p>
<p>FS</p>  <p>☒ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>☒ QB</p> <p>Vs Cover-two Zone</p>	<p>FS</p>  <p>☒ QB</p> <p>Vs Cover-two Zone</p>

<p>5-Yard Drag C</p> <p>QB Vs Three-deep Zone</p>	<p>5-Yard Stab C</p> <p>QB Vs Three-deep Zone</p>	<p>5-Yard Smash C</p> <p>QB Vs Three-deep Zone</p>
<p>C</p> <p>QB Vs Man-off Defenders</p>	<p>C</p> <p>QB Vs Man-off Defenders</p>	<p>C</p> <p>QB Vs Man-off Defenders</p>
<p>C</p> <p>QB Vs Bump & Run Defenders</p>	<p>C</p> <p>QB Vs Bump & Run Defenders</p>	<p>C</p> <p>QB Vs Bump & Run Defenders</p>
<p>FS</p> <p>C</p> <p>QB Vs Cover-two Zone</p>	<p>FS</p> <p>C</p> <p>QB Vs Cover-two Zone</p>	<p>FS</p> <p><i>Sit in hole</i></p> <p>C</p> <p>QB Vs Cover-two Zone</p>

<p>5-Yard "V"</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-5-</p> <p>Vs Three-deep Zone</p>	<p>15-Yard Drive</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-15-</p> <p>Vs Three-deep Zone</p>	<p>25-Yard Slice</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-25-</p> <p>Vs Three-deep Zone</p>
<p>FS</p> <p>QB</p> <p>C</p> <p>-5-</p> <p>Vs Man-off Defenders</p>	<p>FS</p> <p>QB</p> <p>C</p> <p>-15-</p> <p>Vs Man-off Defenders</p>	<p>FS</p> <p>QB</p> <p>C</p> <p>-25-</p> <p>Vs Man-off Defenders</p>
<p>FS</p> <p>QB</p> <p>C</p> <p>-5-</p> <p>Vs Bump & Run Defenders</p>	<p>FS</p> <p>QB</p> <p>C</p> <p>-15-</p> <p>Vs Bump & Run Defenders</p>	<p>FS</p> <p>QB</p> <p>C</p> <p>-25-</p> <p>Vs Bump & Run Defenders</p>
<p>SS</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-5-</p> <p>B Sit in hole</p> <p>Vs Cover-two Zone</p>	<p>SS</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-15-</p> <p>Vs Cover-two Zone</p>	<p>SS</p> <p>FS</p> <p>QB</p> <p>C</p> <p>-25-</p> <p>Vs Cover-two Zone</p>

