

Wide Receiver / Tight End Drills





WR/TE's Drill Library

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***Also See OL Drills for TE Blocking



Stance

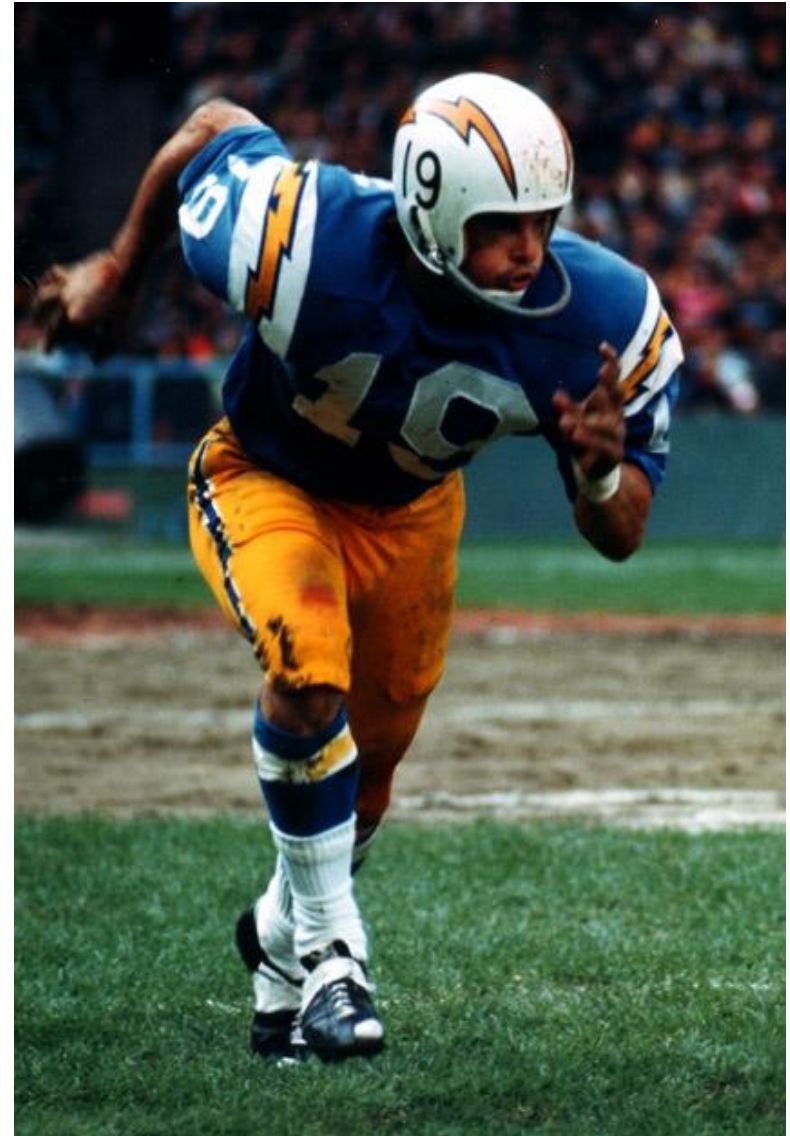
“Proper Stance”

Inside leg up.

Front foot slightly angled in.

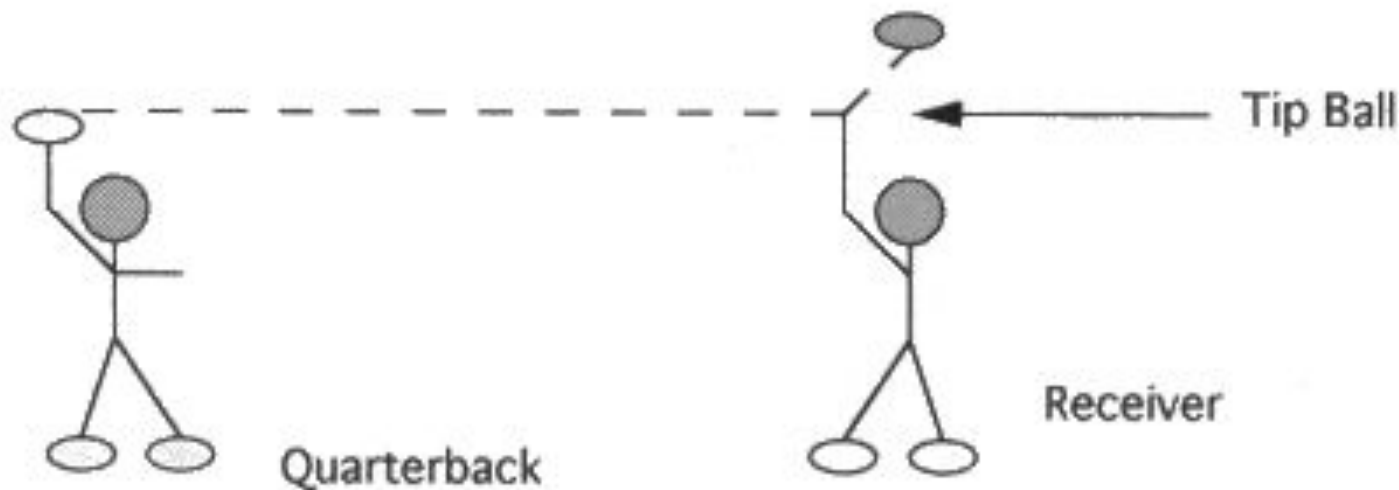
80% to 20% front foot to
back foot ratio.

Athletic position.





Tip Drill



This drill is designed to make receivers aware of deflected passes and the determination to go after them.

Line up your receivers facing the quarterback. The receiver runs towards the quarterback, the ball is thrown high. The receiver must tip the ball and then attempt to catch it.



Hand Position & Loose Ball

Hand Position Drill



Back up to 15 yards. Quarterbacks throw at the centerline of the receiver's body. Throw at the knees, waist, chest and head. The receiver's concentrate on hand position. Thumbs down chest high, and above, thumbs up below the chest. Receiver still tuck's the ball after the catch.

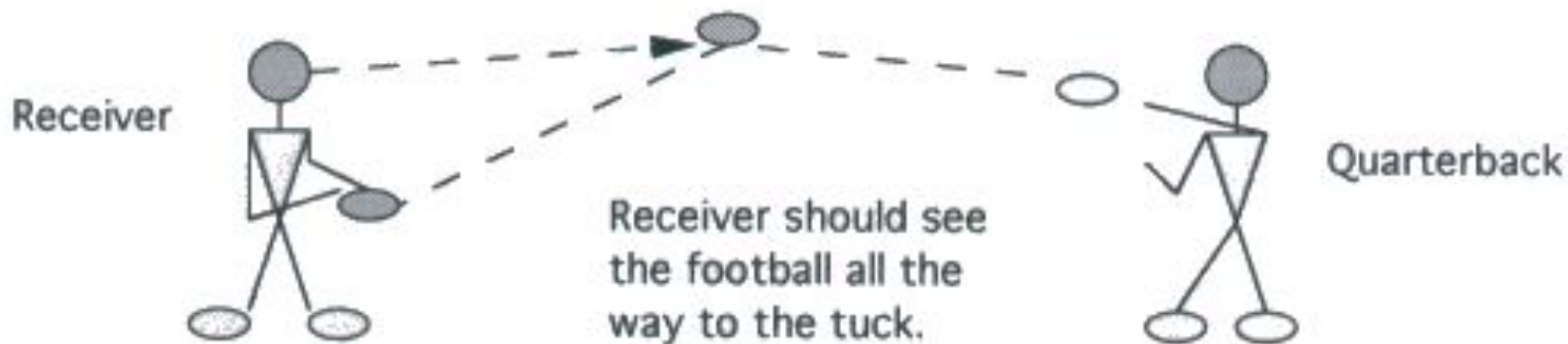
Loose Ball Drill



Have quarterbacks and receivers jog around the field tossing the football back and forth. Be relaxed and loose. Get fancy with the ball, tossing it behind the back, underhand, overhand, etc.



Catch & Tuck Drill

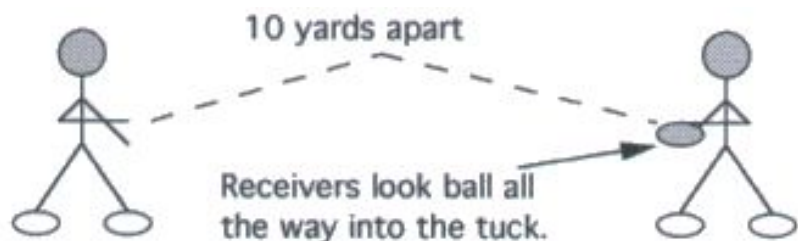


Quarterbacks throw at centerline of body but vary the trajectory. Receivers should check the cushion, look the ball all the way into the tuck. Once the ball has been caught see the football all the way to a tuck position underneath the armpit.



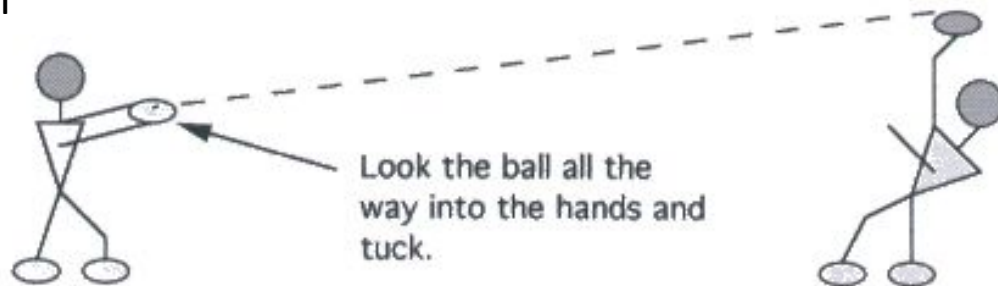
Catch & Tuck Drill and Off Balance Drill

Catch & Tuck Drill



All quarterbacks and receivers pair up at 10 yards apart. Extra receivers pair up with other receivers. The quarterbacks throw easy until loose. The receivers concentrate on loose hands and looking the ball into a tuck position. You can have a receivers catch for the quarterbacks.

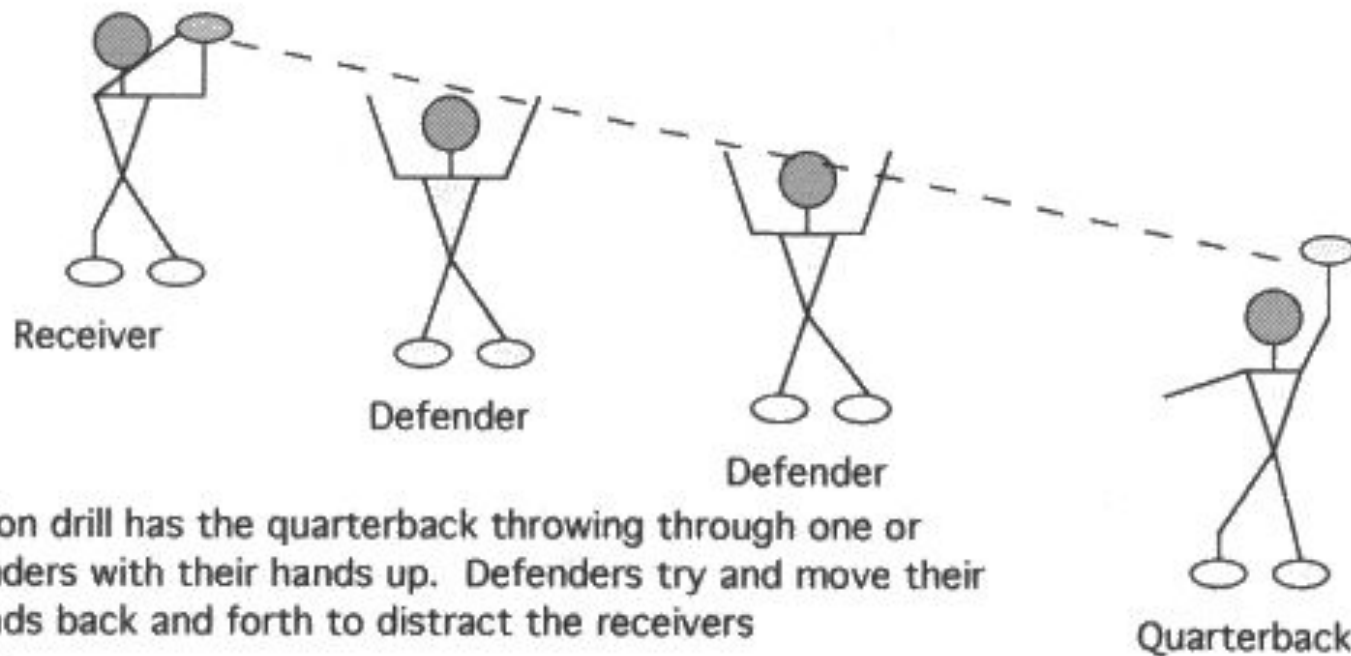
Off Balance Drill



Use the off balance drill to realize how much power to put into your throw in order for the ball to carry some distance. Throw while fading back, while moving laterally to either side, or when fading back at a 45 degree angle in either direction.



Distraction Drill

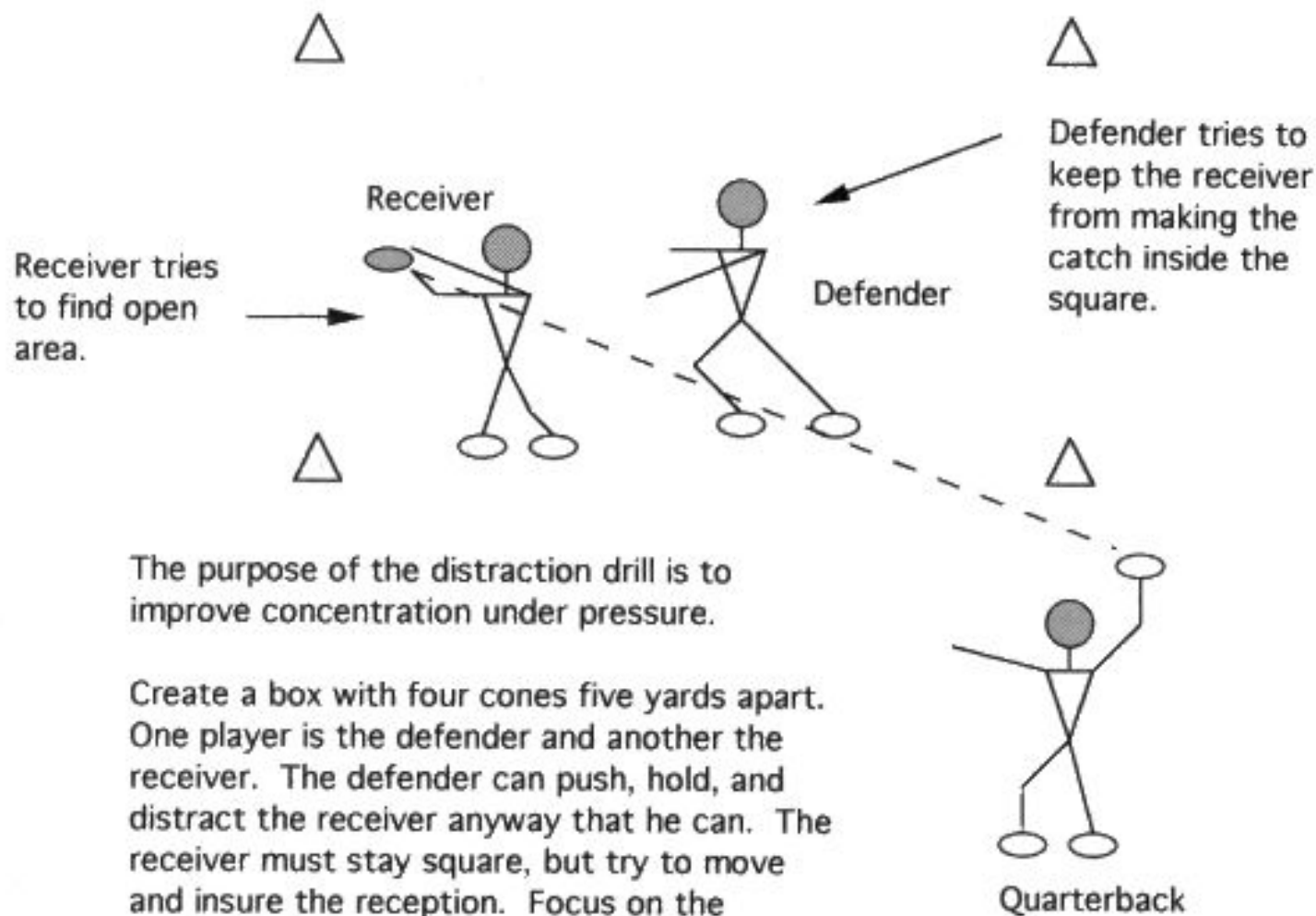


This distraction drill has the quarterback throwing through one or several defenders with their hands up. Defenders try and move their arms and hands back and forth to distract the receivers concentration.

Quarterback stands approximately 15 yards from the receiver and then attempts to throw through the arms of the defenders.



4 Cone Distraction Drill

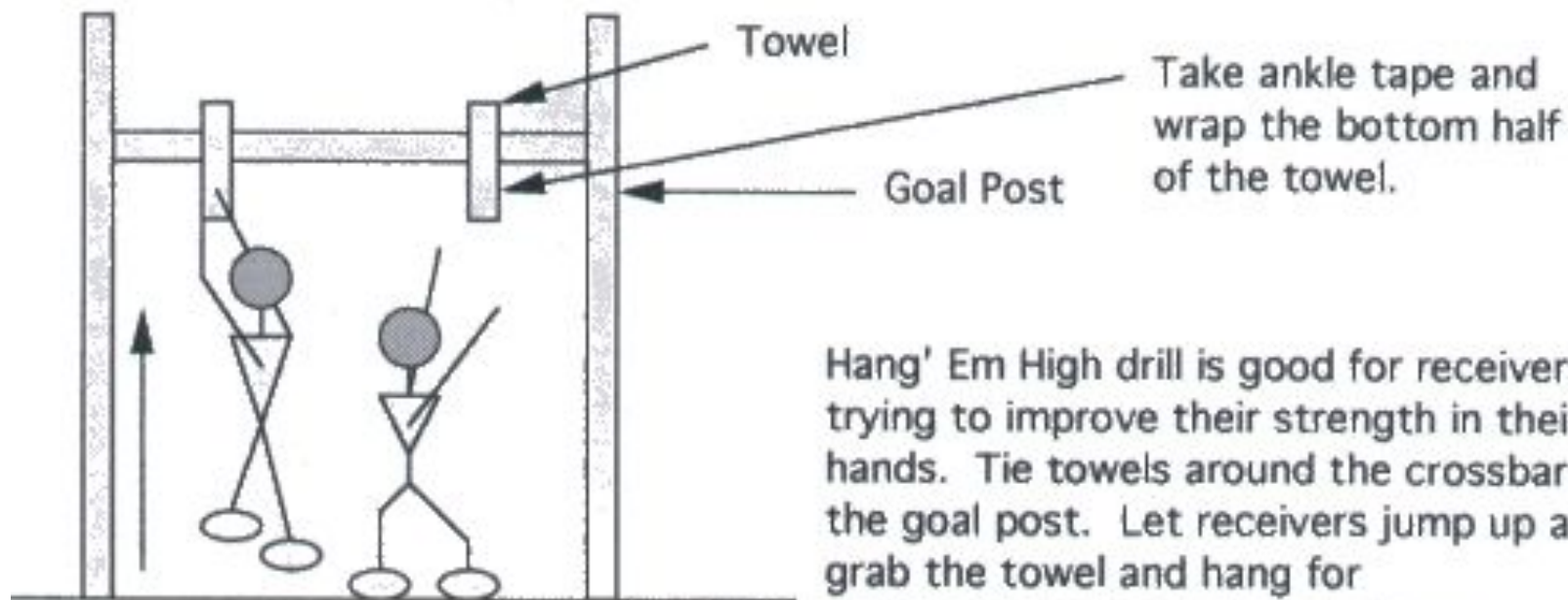


The purpose of the distraction drill is to improve concentration under pressure.

Create a box with four cones five yards apart. One player is the defender and another the receiver. The defender can push, hold, and distract the receiver anyway that he can. The receiver must stay square, but try to move and insure the reception. Focus on the quarterback.



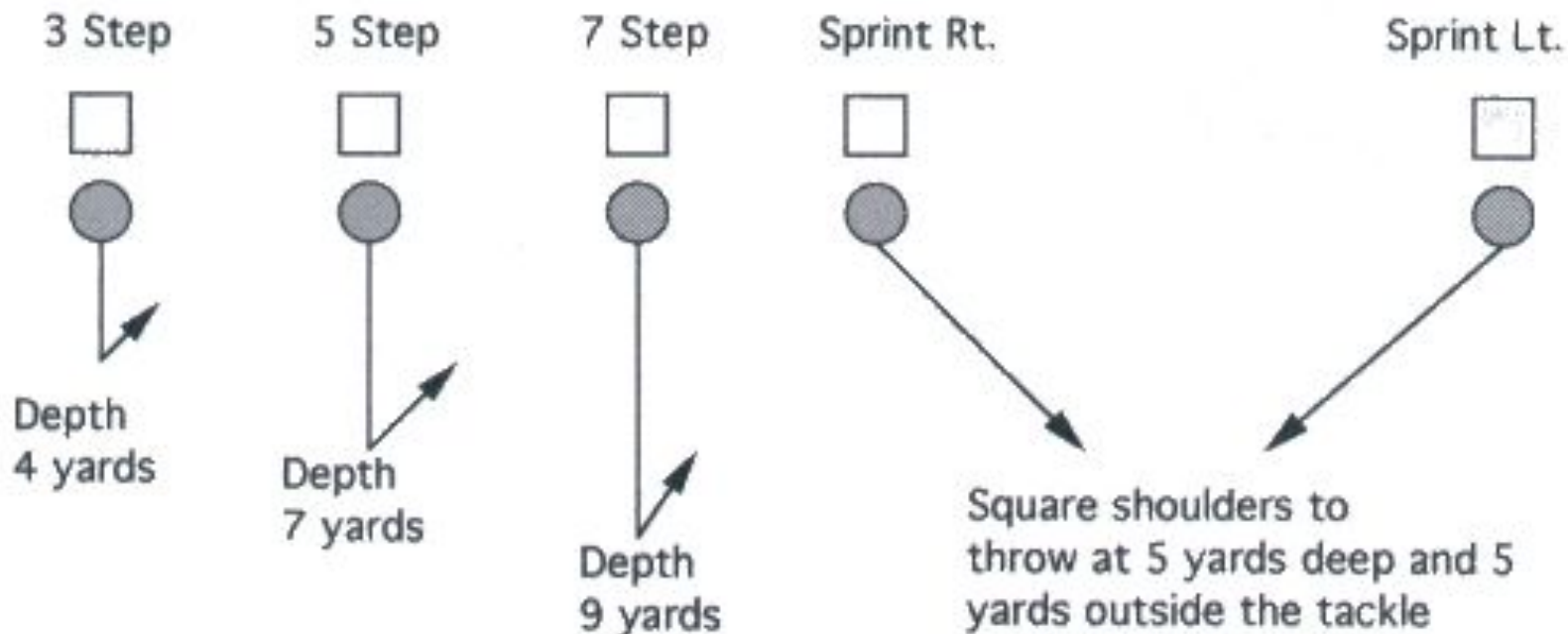
Hang Them High



Hang' Em High drill is good for receivers trying to improve their strength in their hands. Tie towels around the crossbar of the goal post. Let receivers jump up and grab the towel and hang for approximately 5 seconds or longer. Attempt to do pull-ups to add to the difficulty of the drill.



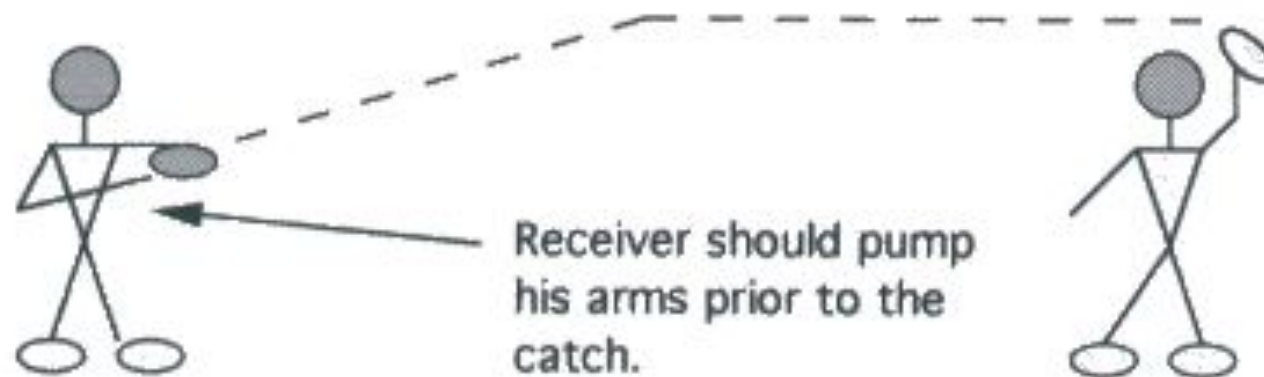
Set Up Drill



Set - up drill is designed to develop techniques in setting up for 3, 5, 7, and sprint out pass routes. The quarterback will take his snap and set accordingly. Make sure quarterback is balanced when he sets up to throw.



Throw At Shoulders Drill



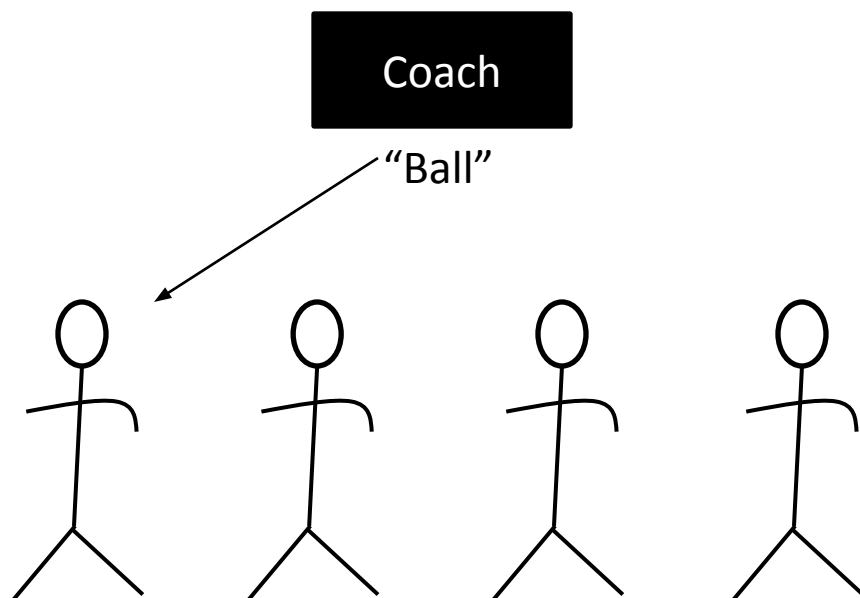
Quarterbacks now turn 90 degrees to the receiver and throw without moving their feet. Now turn 180 degrees and rotate with throw at 90 degrees away, and throw at the receiver's shoulder. The receivers should pump their arms as if running full speed. When the football arrives the receiver reaches for the ball and tucks it away. Pump the arms until the last possible second and then reach for the ball.



Blind Throw Drill

“Blind Throw”

- ❑ Players stand with their backs facing the coach.
Coach calls out a number and that player must turn around, find the ball and catch it.





Spot Toss Drill

“Spot Toss”

- ☐ Place a black spot on a football. Players play catch and verbally call SPOT or NO SPOT.
- ☐ This helps them to focus on the ball as it arrives.

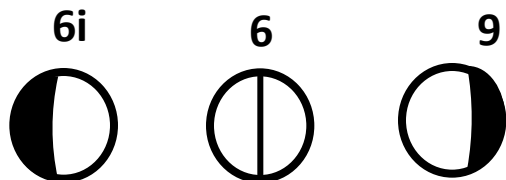




TE Releases

“TE Releases”

- ☐ Work TE clean releases vs. different defensive fronts.
- ☐ Use dummy bag or player.





Tug of War

“Tug of War”

- ☐ Players grip ball on its end cylinder. When coach starts the drill they tug back in forth to see which player can draw the ball away.
- ☐ Great for competition and hand/finger strength.

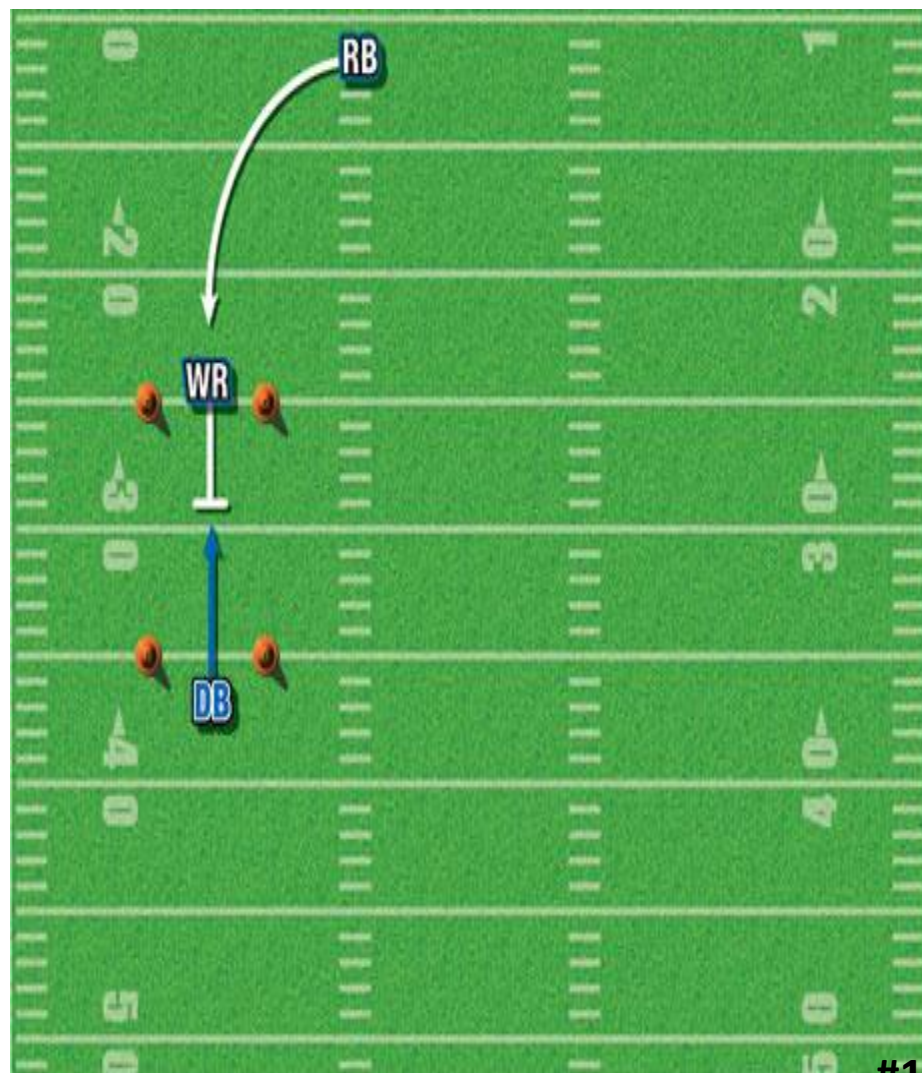




Stalk Block Drill

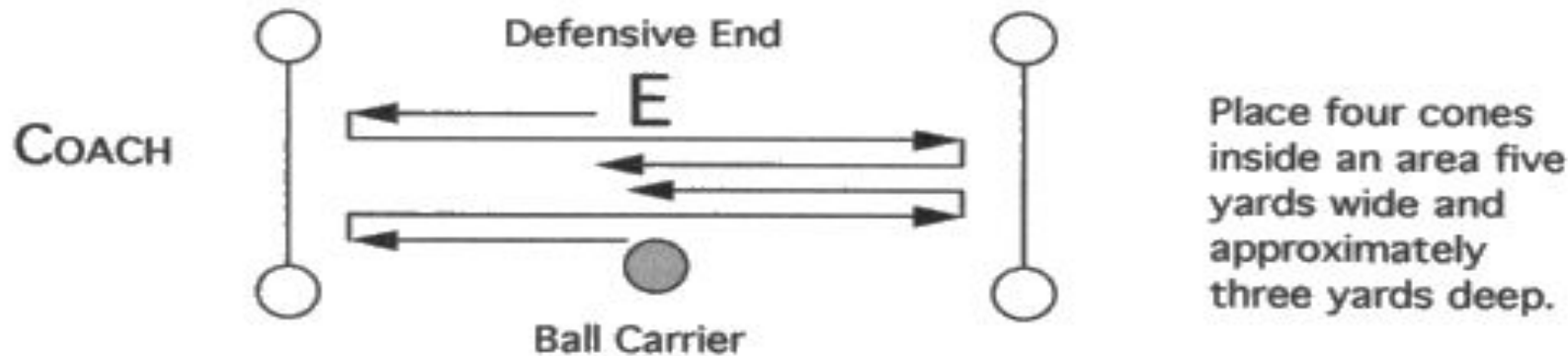
Stalk Drill

1. Use cones or towels to make a five-yard by five-yard box.
2. Have a RB 10 yards away run inside the box, cutting inside or outside of the WR's block.
3. On command, the DB attacks to block off of the WR closing the distance quickly.
4. The DB approaches square, with a lower pad level than the WR and his hands inside the WR's hands.
5. The DBs hands should strike the breast pad of the WR violently while hitting at an angle up, knocking the WR into an upright position.
6. Simultaneously, increase the leg drive putting the WR into an 'uncontrollable backpedal.' *Keep in mind the WR is trying to do the same thing to the DB.
7. The object is to knock the WR into the RB and slide off and execute proper tackling technique. *Point of emphasis is to teach DB to escape to the ball without delay which would allow the WR to re-establish a blocking position.





Elude Stalk Block Drill



The stalk and mirror drill represents a defender being blocked and mirrored by a blocking back. Start both the defender and blocking back facing each other.

Ball carrier will place his face in the numbers of the defender, object is for him to mirror and maintain a good playing base, feet shoulder width apart.

As the defender changes direction blocking back must be able to change proper direction without getting his feet crossed.

Keep the knees bent and the hands clasped behind the back. Once this drill has been mastered have blocking back place his hands on the inside frame work of the defender. This drill is designed to improve stalk block techniques.



Bag Attack Drill

Bag Attack Drill

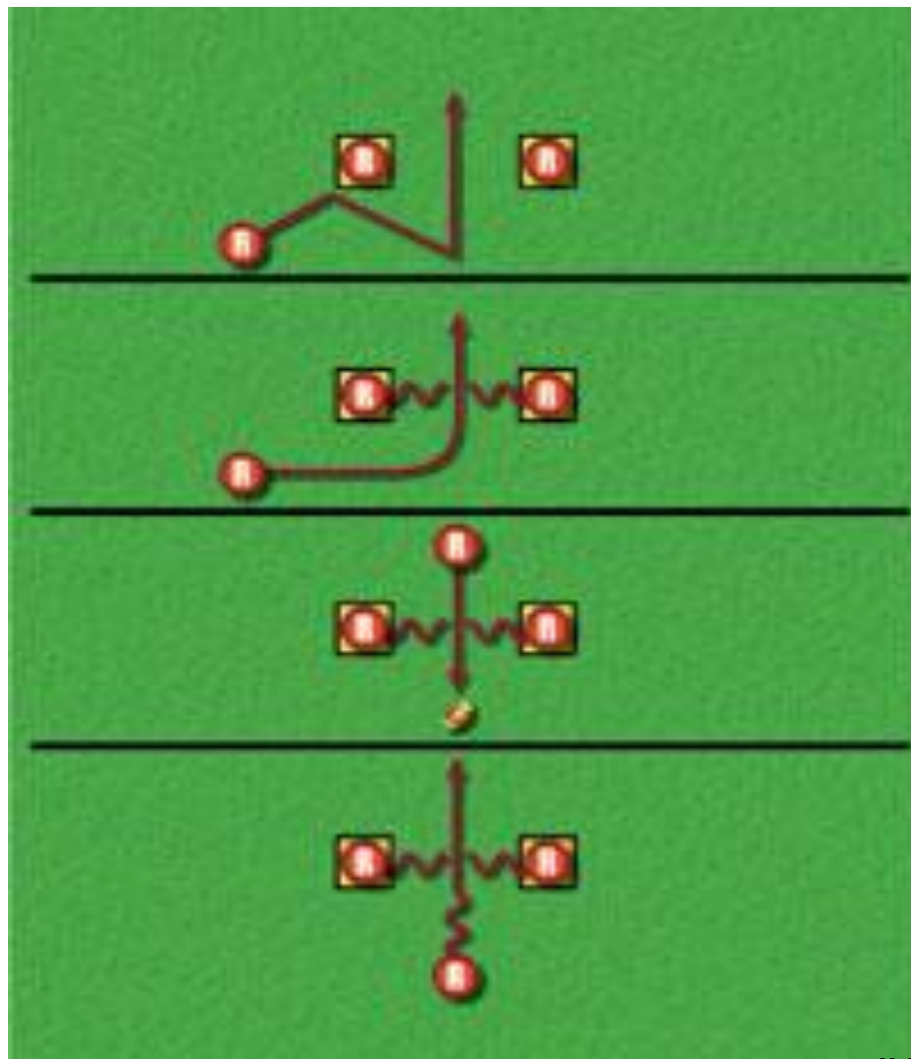
Drill: Receiver will run end of route and catch ball thrown as he is being hit with bags or has to split bags.

Technique:

1. Head and eyes on football.
2. Proper body position.
3. Pull ball down and tuck it away.
4. Relax your hands.

Purpose: Teach concentration, catching in a crowd, running after the catch, proper ball maintenance (fumble drill also).

Note – Players holding the bags will make contact on the receiver high, not low, just as he is catching the ball.



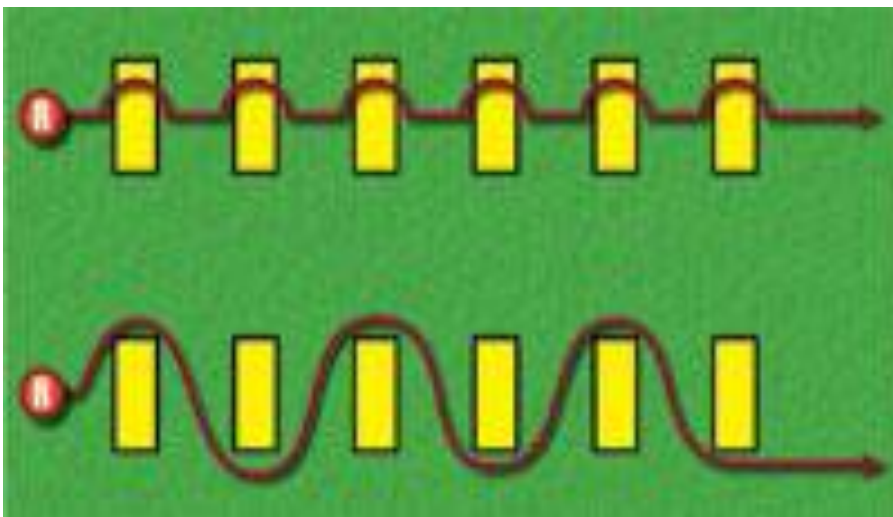


Catch w/Bags

Catch w/Agility Bags

Drill: Jump over bags – sideways; hop over bags – sideways and facing front also; running in and around bags.

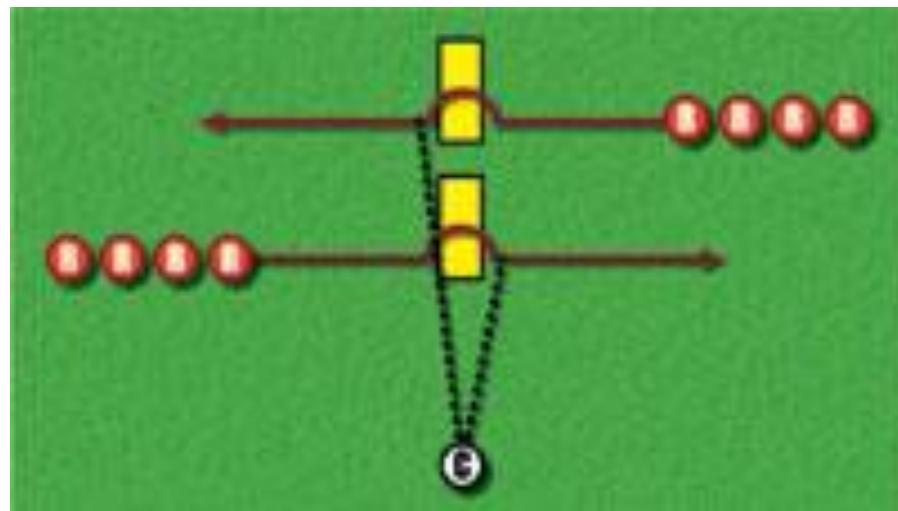
Purpose: Teaching proper balance and developing quick feet.



Jump & Catch w/Bag

Drill: Jump over bag, making good concentration catch.

Purpose: Teach concentration – catching in a crowd over the middle.



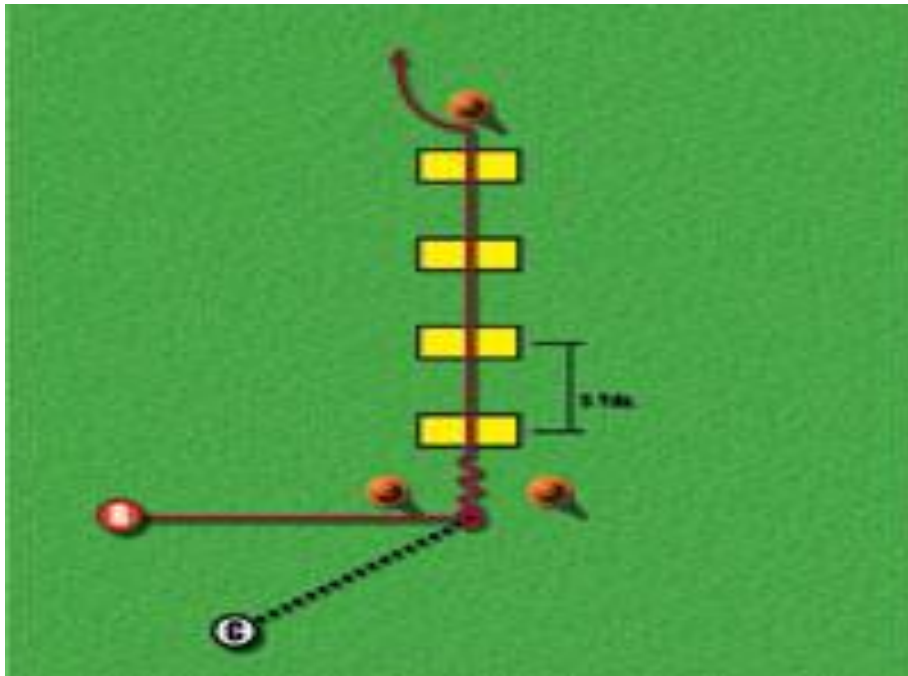


Explode/Cut & Bag Balance Drill

Explode and Cut Drill

Drill: Catch, tuck, turn, explode and cut maintaining proper running form and technique.

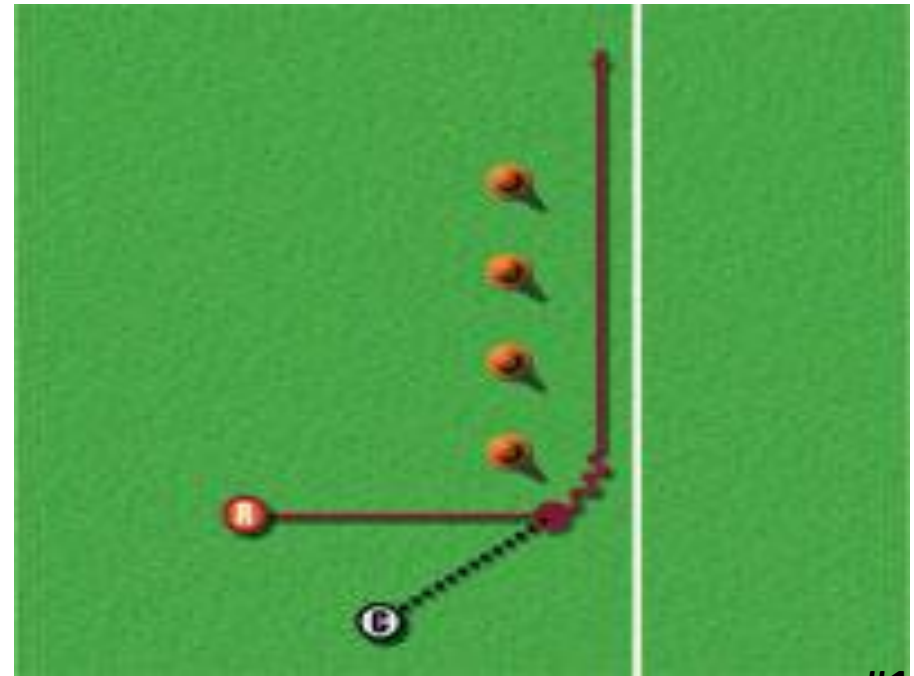
Purpose: To teach concentration, ball maintenance and running with your head and eyes up.



Bag Balance Drill

Drill: C, T and T drill to stay in bounds.

Purpose: Working to stay in bounds and keeping shoulders square and moving forward.





Strip Drill

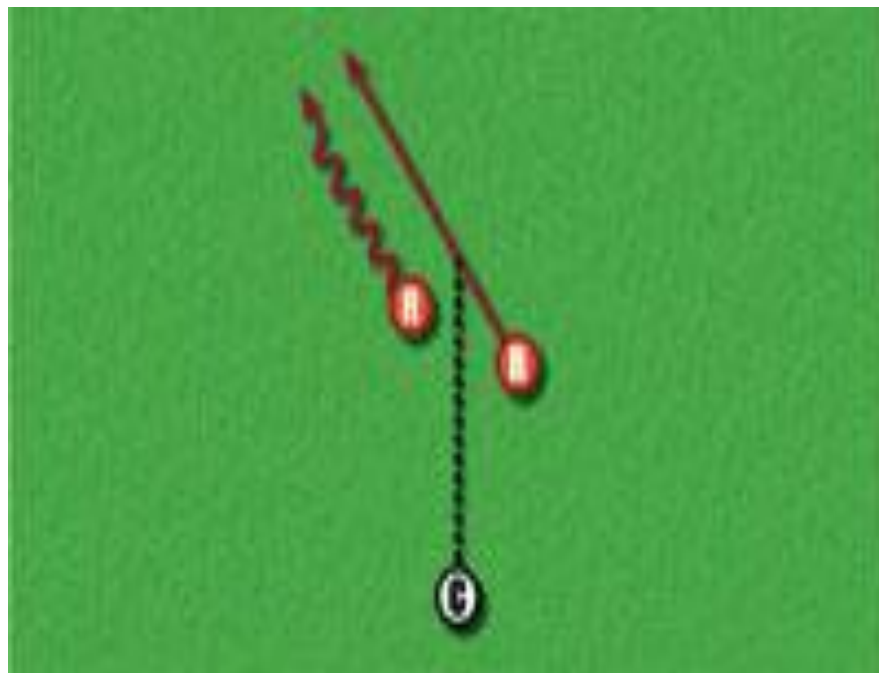
Strip Drill

Drill: Line up two receivers on an angle about arm's distance apart. On coach's command they both take off. Throw the ball to the lead receiver and then have the chaser strip him of the ball. Grab arms; pull down over the top, etc.

Technique:

1. Use your body between ball and defender.
2. Catch it away from your body.
3. Tuck it away tightly.
4. Separate from defender.

Purpose: To increase concentration, toughness and ball maintenance.



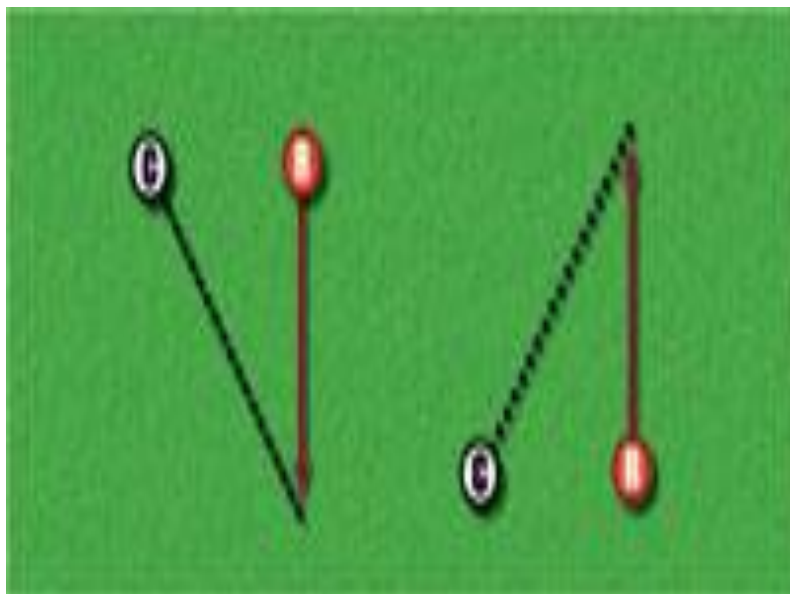


Cruise & Turn Drill

Cruise Drill

Drill: One hand catches while running at X speed. Line up receivers and have them run about ten yards and make extended catch.

Purpose: To make the great catch and develop good concentration



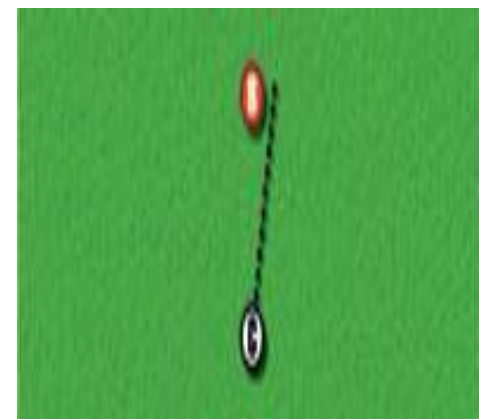
Five Yard Turn Drill

Drill: Receiver stands five yards away with his back to coach. Coach will yell 'ball' and throw over the right or left shoulder. Receiver will turn only his head; he must keep his shoulders up field. Locate ball with eyes and hands.

Technique:

1. Thumbs out, elbows in, little fingers together.
2. Snap head around.
3. Bring ball down to tuck position.
4. Adjust body to ball if needed.

Purpose: To develop hand and eye coordination finding the football.





Quick Feet Drill

Quick Feet Drill

Drill: Put six cones about two feet apart (tighter as you get better). Have receivers run in and out of the cones at full speed. When all receivers have gone through, repeat the other way. Have the receivers carry a ball and emphasize proper ball position and running form.

Purpose: Emphasis on quick feet, proper running form and ball control.

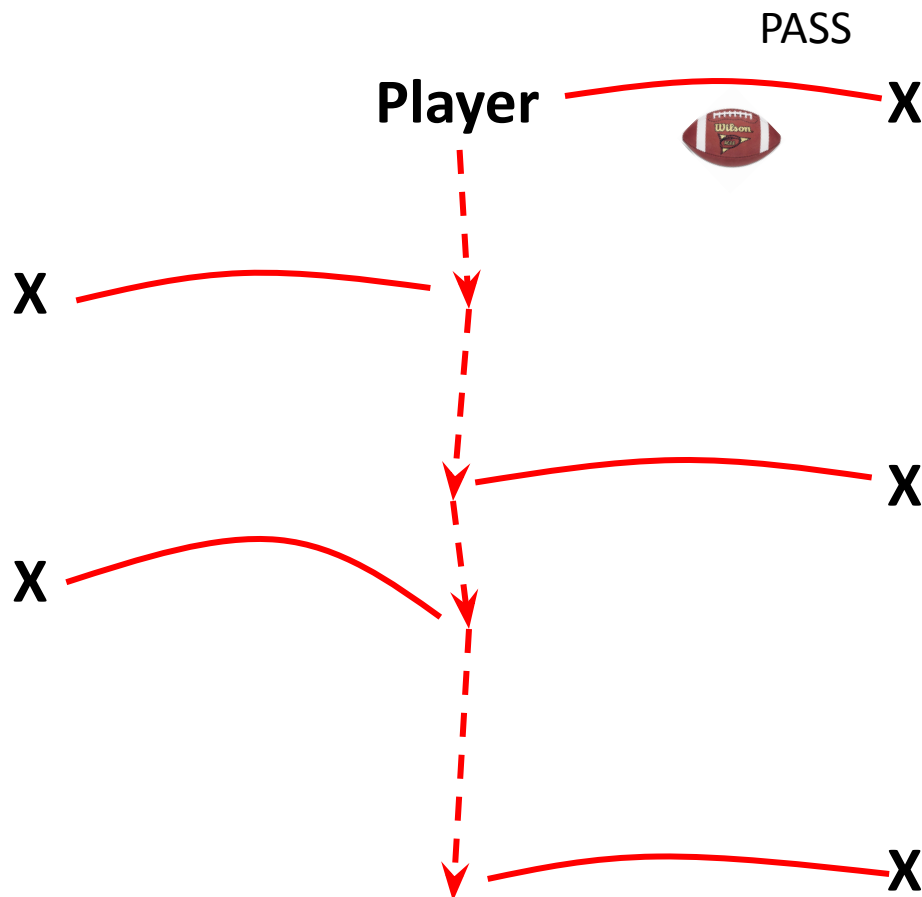




Rapid Fire Gauntlet drill

Rapid Fire Gauntlet Drill

1. X on side = Player w/ball.
2. Drill takes 5 balls
3. Player turns make catch, secures ball & drops off to side.
4. Players rotate from 2 side down to 3 side up.

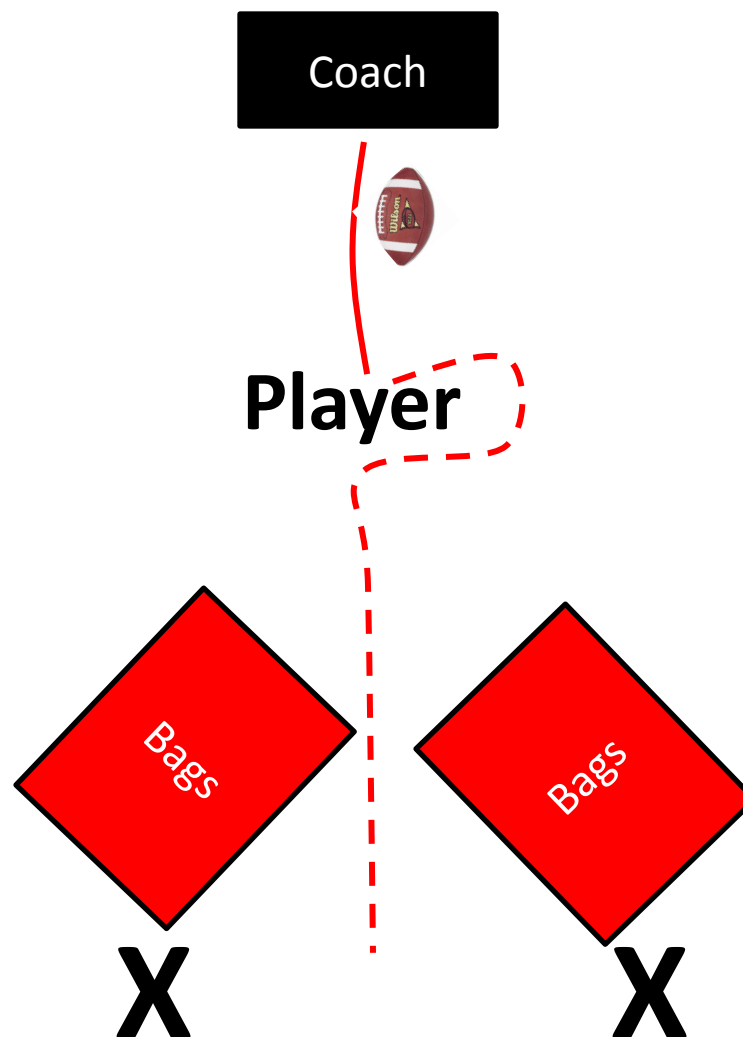




Spot Blaster Drill

Spot Blaster Drill

1. Player runs any variety of route.
2. Catches the ball from the coach and instantly turns around.
3. Sprint threw two players holding bags.





2 Bag Contact Drill

2 Bag Contact Drill

Drill: Catch Ball from coach.
Drop ball off and quickly turn
and catch 2nd ball from player.
Come through bags each time
to make catch.

System: Catch, Left bag,
Right bag than 2nd player.

