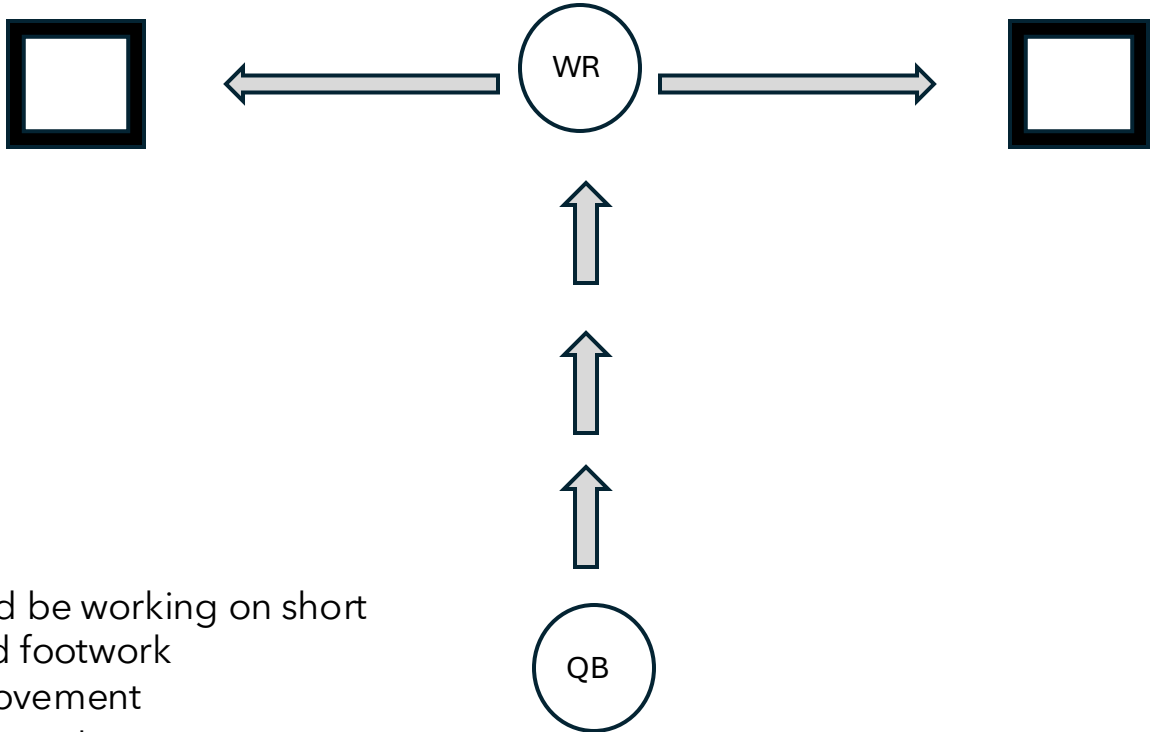


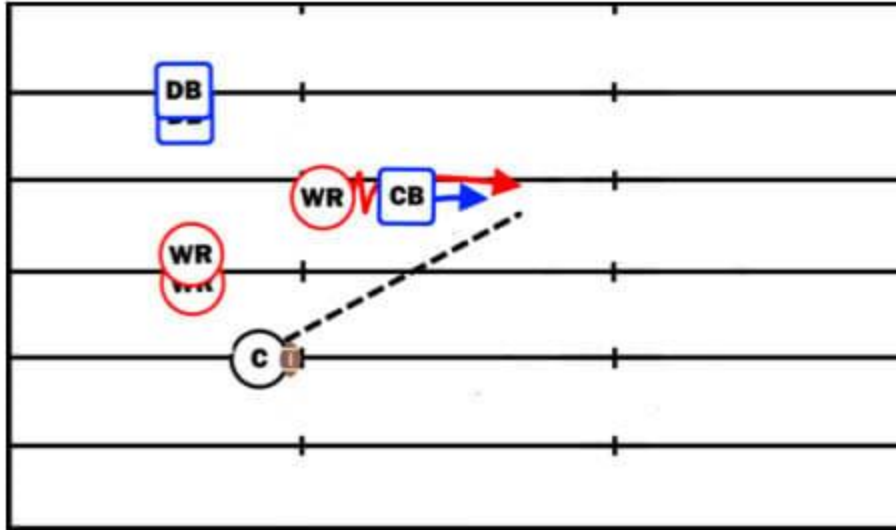
Settle & Noose



- Player runs from one bag to the other and 'settles' at the break - work proper footwork and balance into a break
- Reverse direction and runs back to the original bag, 'settle' again then reverses direction and settle into the middle space between bags or cans.
- The ball is thrown to the player, who catches it, turn to whichever shoulder the ball is thrown to and get upfield

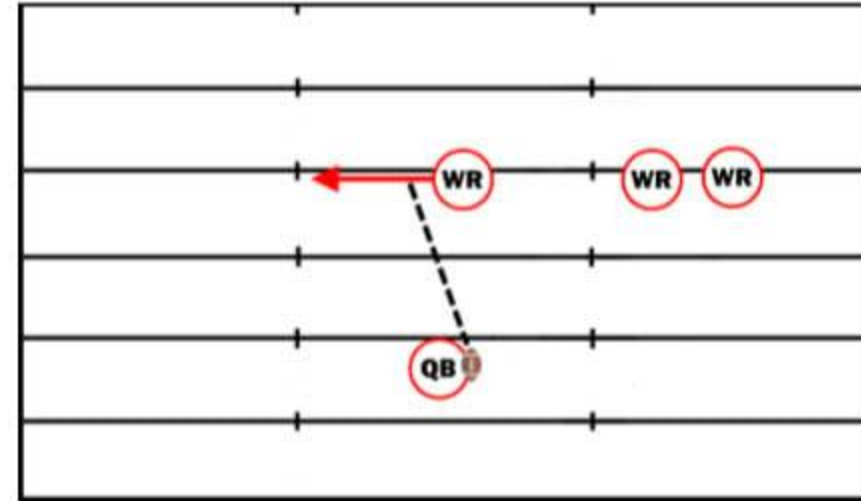
- QB should be working on short drops and footwork
- Pocket movement
- Ball placement

Jam and Press to Go



- **DB press and Jam**
- **DB turn and run AFTER JAM**
- **WR Outside Release and Restack**
- **Quick fade**

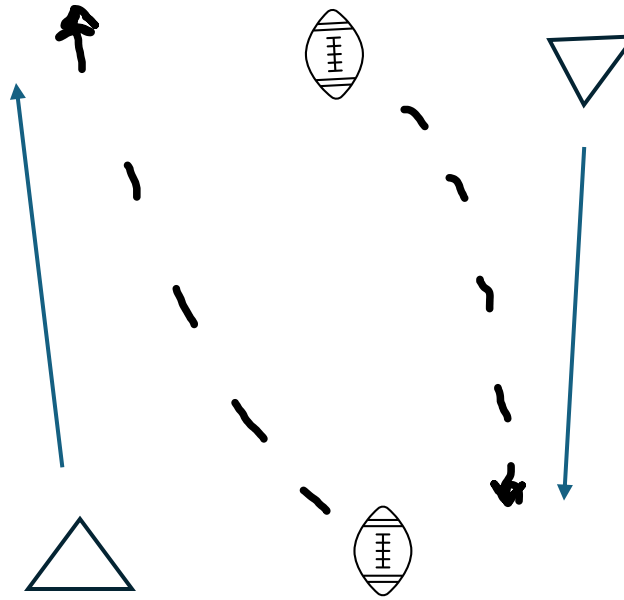
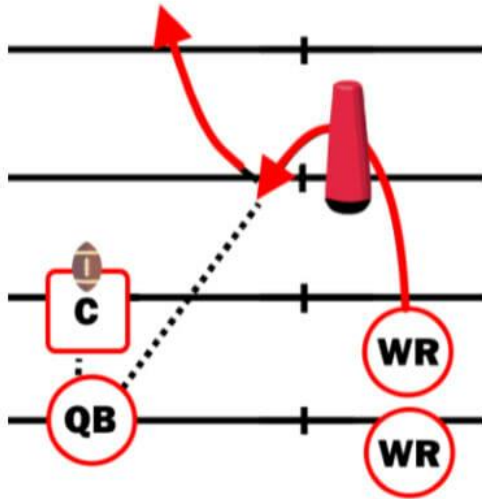
Hash to Hash



- **QB middle of field**
- **WR at a hash or cone**
- **Full speed to other cone**
- **QB work Accuracy, Timing**

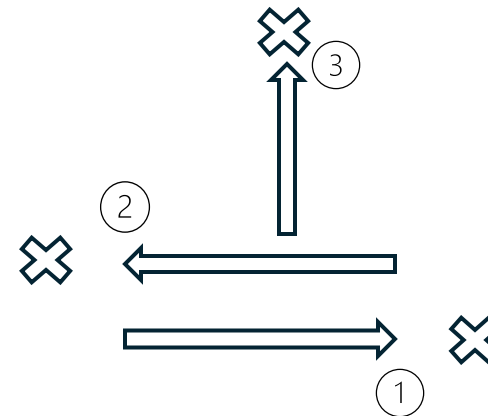
Hide & Seek

- Place a Player/Coach at 5/7yd
- Line of WR go around the Player/Coach and find the ball
- Flash Hands



Catch & Throw Circuit

- HALF Speed
- 10 yds +/-
- ONE handed catches
- OVER shoulder catches
- Back Hip - adjust

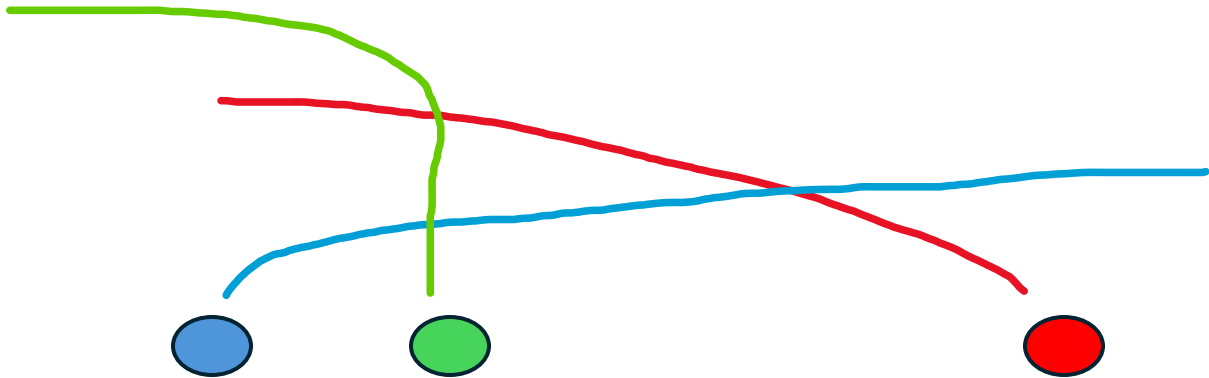


Pyramid

- (1) WR catch and toss to X
- (2) WR catch and toss to X
- (3) WR deep over shoulder
- 'Needs 3 balls'

MESH DRILL

- Mesh receivers slap LEFT hands
- L always goes short (in front of LBs)
- R always goes deep (behind LBs)



QB

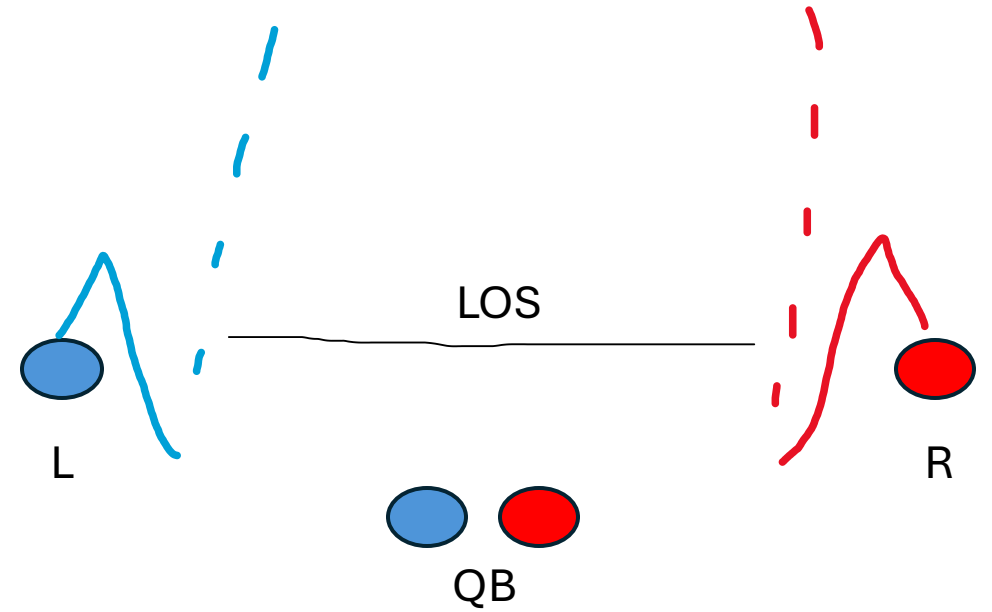


QB



QB

Screen Drill 'Larry' & 'Roger'



- L/R drive 2 steps off the ball and come back behind LOS
- Get a 'running' start going forward to catch the pass