

WR Play in the Gun T

Goals

We want to use our athletes in ways they can succeed

- If we have two talented WR's we want to have multiple way to develop them
- If we have more of a "running back" or athlete at "A" we want to use him in the screen/run game
- Adjust to their ability with choices of routes in the passing game

We do have some base drills and rules we will use EVERY year that do not change

The following drills are drills we would run all skill players through – specifically WR's



Goals of our drills

- 1) Catch as many balls as possible from angles we will catch in a game
- 2) Work only routes we will run in a game, and become great at them
- 3) Blocking drills that translate



Ball Drills

Our major goals for ball drills are simple:

- 1) Catch balls from the angle we will see in a game.
- 2) Don't kill our WR's with a ton of routes to work on catching a ball
- 3) Work with "partners" so we understand how to create space



Ball Drills

We attempt to squeeze in as many of these in a 5 minute period as possible

- 1) High point catch
- 2) Over the shoulder catch
- 3) Coming back to the ball from a break
- 4) Out routes



High Point





Cut and Crossing





Cut and Over Shoulder





Cut and Over Shoulder





Cut and Back Shoulder





Partner Contest





Partner Contest





Partner Over Shoulder





Partner Over Shoulder





Partner Back Shoulder





Partner Hitch





Routes

We usually will pick one route per day to work



Routes

We usually will pick one route per day to work



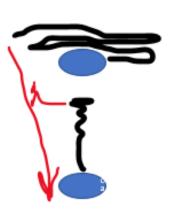
Blocking

We have two main types of blocks we ask our WR's to perform:

- 1) Stalk (usually for a screen)
- 2) Crack for our jet sweep or outside run game



Stalk Drills

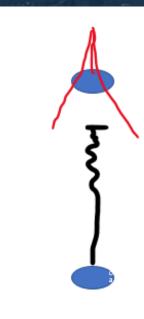


Coach: Gives direction when to come up field





Stalk Drills



Coach: Gives direction when and where to come up field



Blocking

Crack Blocking – We pair them up with Linemen to teach the angles

The goal is the up-field hip, but do not chase players







