

Practice Planner

Catching



● Skill Lesson – Above the Numbers

Catching the Football

Catching At or Above the Numbers

- Begin by having hands together with thumbs touching.
- Cock wrists back so palms are facing slightly upward.
- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Catching the Football

Catching At or Above the Numbers

- Begin by having hands together with thumbs touching.
- Cock wrists back so palms are facing slightly upward.
- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Catching the Football

Catching At or Above the Numbers

- Begin by having hands together with thumbs touching.
- Cock wrists back so palms are facing slightly upward.
- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Catching the Football

Catching At or Above the Numbers

- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Catching the Football

Catching At or Above the Numbers

- Begin by having hands together with thumbs touching.
- Cock wrists back so palms are facing slightly upward.
- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Catching the Football

Catching At or Above the Numbers

- Begin by having hands together with thumbs touching.
- Cock wrists back so palms are facing slightly upward.
- Spread fingers and reach out with arms to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



2 of 5

Print

ALL PLAYERS

Practice Planner

Catching



● Skill Lesson – Below the Numbers

Catching the Football

Catching Below the Numbers

- Start by having hands together with little fingers touching.
- Keep palms up with fingers spread.
- Reach out to see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



1 of 5

play/pause animation

ALL PLAYERS

Catching the Football

- Keep palms up with fingers spread.
- Reach out to see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



1 of 5

ALL PLAYERS

Catching the Football

- Keep palms up with fingers spread.
- Reach out to see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



1 of 5

play/pause animation

ALL PLAYERS

Catching the Football

- Keep palms up with fingers spread.
- Reach out to see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



1 of 5

ALL PLAYERS

Catching the Football

Catching Below the Numbers

- Start by having hands together with little fingers touching.
- Keep palms up with fingers spread.
- Reach out to see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you turn up field.



1 of 5

play/pause animation

ALL PLAYERS

Catching the Football

- Immediately secure ball tightly to side as you turn up field.



1 of 5

ALL PLAYERS

Practice Planner

Catching



● Skill Lesson – Over the Shoulder

Catching the Football

Catching Over Your Shoulder

- Put hands together with little fingers touching one another.
- Keep palms up, and spread fingers.
- Reach as far back as possible to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you run up field.

Little Fingers Touching



ALL PLAYERS

Catching the Football

Catching Over Your Shoulder

- Keep palms up, and spread fingers.
- Reach as far back as possible to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you run up field.

Spread Fingers



ALL PLAYERS

Catching the Football

Catching Over Your Shoulder

- Put hands together with little fingers touching one another.
- Keep palms up, and spread fingers.
- Reach as far back as possible to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you run up field.

Reach Far Back



ALL PLAYERS

Catching the Football

Catching Over Your Shoulder

- Put hands together with little fingers touching one another.
- Keep palms up, and spread fingers.
- Reach as far back as possible to easily see ball and both hands at moment of catch.
- Bring hands and ball back to body in one smooth motion.
- Immediately secure ball tightly to side as you run up field.



ALL PLAYERS

Catching the Football

- Immediately secure ball tightly to side as you run up field.

Secure Ball to Body



ALL PLAYERS

Practice Planner

Catching

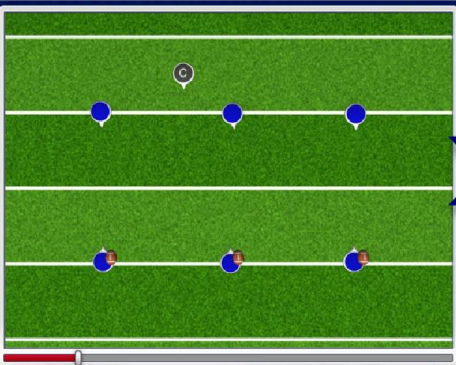


● Drill 1

Catching the Ball Below the Numbers

Set-up/Action

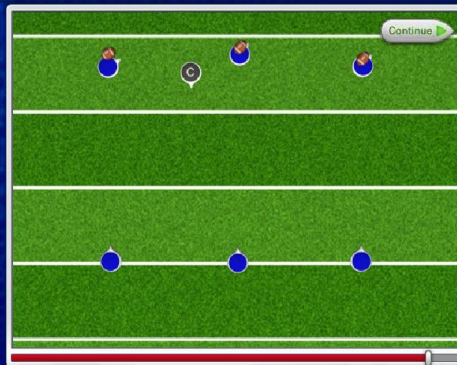
- Players pair off and face each other 10 yards apart.
- One partner is the passer, the other the receiver.
- Passers toss the ball to their partners, below the waist.
- Receivers have hands together with little fingers touching.
- While keeping palms facing up, players extend arms and reach out for the ball.
- Players watch the ball into their hands.
- Secure ball and move up field.
- Receivers become passers, tossing the ball back to their partner.



Catching the Ball Below the Numbers

Set-up/Action

- Players pair off and face each other 10 yards apart.
- One partner is the passer, the other the receiver.
- Passers toss the ball to their partners, below the waist.
- Receivers have hands together with little fingers touching.
- While keeping palms facing up, players extend arms and reach out for the ball.
- Players watch the ball into their hands.
- Secure ball and move up field.
- Receivers become passers, tossing the ball back to their partner.



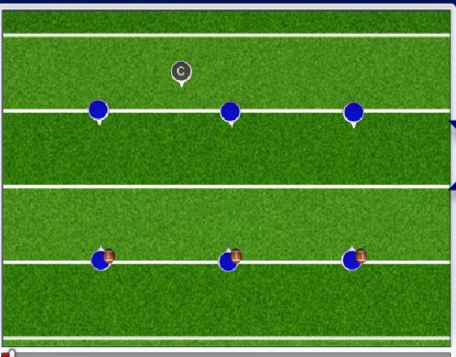
DRILLS

DRILLS

Catching the Ball At or Above the Numbers

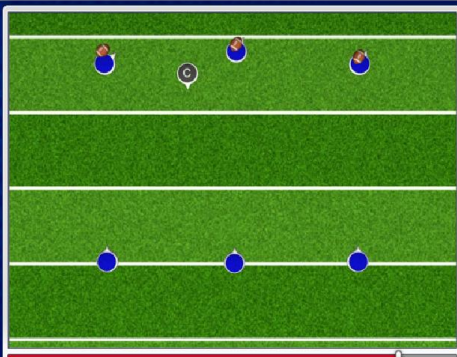
Set-up/Action

- Have players pair off and face each other, 10-yards apart.
- One line holds the football; the other line faces their partner.
- Passers toss the football at various spots at or above the numbers.
- Receivers have hands together with thumbs touching.
- Keeping palms facing up, extend arms and reach for the ball, watching the ball into their hands.
- Secure the ball into body and head up field.
- Receivers become passers and toss the ball back to their partner.



Catching the Ball At or Above the Numbers

- **Secure the ball into body and head up field.**
- Receivers become passers and toss the ball back to their partner.



DRILLS

DRILLS

Practice Planner

Catching



● Drill II

Flash Passing Drill

Set-up/Action

- 3 receivers line up 8 to 15 yards deep/5-yards apart.
- Coach stands behind the QB.
- QB takes 3 or 5-step drop.
- Coach signals to a receiver to flash his hands.
- QB steps and throws to that player.
- QB must focus on area, not one receiver.
- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



Continue >

DRILLS

Flash Passing Drill

Set-up/Action

- 3 receivers line up 8 to 15 yards deep/5-yards apart.
- Coach stands behind the QB.
- QB takes 3 or 5-step drop.
- Coach signals to a receiver to flash his hands.
- QB steps and throws to that player.
- QB must focus on area, not one receiver.
- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



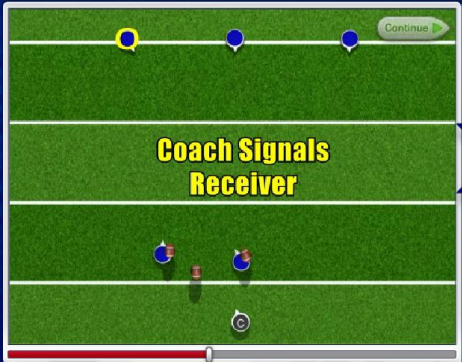
Continue >

3 Or 5 Step Drop

DRILLS

Flash Passing Drill

- Coach signals to a receiver to flash his hands.
- QB steps and throws to that player.
- QB must focus on area, not one receiver.
- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



Continue >

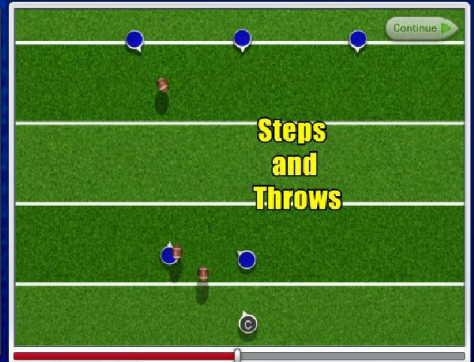
Coach Signals Receiver

DRILLS

Flash Passing Drill

Set-up/Action

- 3 receivers line up 8 to 15 yards deep/5-yards apart.
- Coach stands behind the QB.
- QB takes 3 or 5-step drop.
- Coach signals to a receiver to flash his hands.
- QB steps and throws to that player.
- QB must focus on area, not one receiver.
- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



Continue >

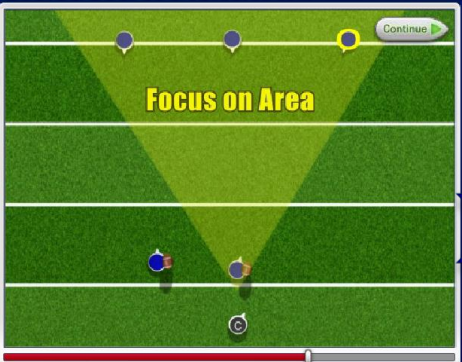
Steps and Throws

DRILLS

Flash Passing Drill

Set-up/Action

- 3 receivers line up 8 to 15 yards deep/5-yards apart.
- Coach stands behind the QB.
- QB takes 3 or 5-step drop.
- Coach signals to a receiver to flash his hands.
- QB steps and throws to that player.
- QB must focus on area, not one receiver.
- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



Continue >

Focus on Area

DRILLS

Flash Passing Drill

One receiver.

- His head is on a swivel, ball in position and feet moving.
- Helps QB move beneath shoulder pads and step toward target.



Continue >

Head on a Swivel
Ball in Position
Feet Moving

Drill Helps QB
Move Feet

DRILLS

Practice Planner

Catching



● Drill III

Concentration

Set-up/Action

- Place 2 staggered line across from each other, 10 yards apart.
- Front line is distracters and the back line receivers.
- Use cones in front of each line to keep correct stagger.
- QB or coach lines up with ball 10 yards from cone at midpoint line.
- Players in both lines run toward midpoint.
- As 2 players pass midpoint, passer throws ball through distracter to receiver.
- Receiver runs hard and catches on the run.
- Distracter avoids contact.

Receivers

Distracters

Continue

Print

DRILLS

Practice Planner

Catching



● Drill IV

- For over the shoulder catch

5 Yard Turn

Set-up/Action

- Separate WRs into groups of 2 each.
- **One WR is the passer and the other the WR.**
- The WR stands 5 yards away with his back to passer.
- The passer throws at one of the WR's shoulders and yells "ball".
- WR turns head, locates ball with eyes and hands, and makes the catch.
- WR must keep shoulders facing downfield.
- After 5 reps have the players switch positions.

DRILLS

5 Yard Turn

with his back to passer.

- **The passer throws at one of the WR's shoulders and yells "ball".**
- WR turns head, locates ball with eyes and hands, and makes the catch.
- WR must keep shoulders facing downfield.
- After 5 reps have the players switch positions.

DRILLS