

INVICTUS

SPORTS PERFORMANCE AND FITNESS

WR Catch Drills

1. **Focus Drills**—Players will learn proper hand and eye coordination, hand placement, tucking the ball, and what to do after the catch.
 - a. **Set Up:** Players Line up in 2 lines facing the coach, 10yards away in the ready position.
 - i. **Face Drill.**
 1. Coach will throw the football directly at the nose of the Receiver.
 2. Receiver will catch the ball with his fingers in the **diamond position (Fig 1.)** and freeze on the catch for a 2 count (**Fig 2.**) (coach will check for proper hand placement).
 3. Receiver will then tuck the ball in his inside arm (**Fig 3**) and freeze for a 2 count (coach will check for proper hand placement).
 4. Receiver will then whip to the outside and up the field. If the ball takes the receiver to the inside, he will continue up the field then work back to the outside.
 5. *Variations— Outside Shoulder, Inside Shoulder, Top of the Head, Chest, Highest Point.*



2. **Low Ball Drill**
 - a. Coach will throw the football directly between the knees of the Receiver.
 - b. Receiver will catch the ball keeping his pinkies and elbows together down low to make a **shovel**. Receiver will bend at the knees and hips so not to place their knee on the ground (**Fig 4**). Receiver will hold this position for a 2 count (coach will check for proper hand placement).
 - c. Receiver will then tuck the ball in his inside arm (**Fig 3**) and freeze for a 2 count (coach will check for proper hand placement).
 - d. Receiver will then whip to the outside and up the field. If the ball takes the receiver to the inside, he will continue up the field then work back to the outside.
 - e. *Variations— Outside knee, Inside knee*

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Fig 4

3. **Whip Around Drill.**

- a. Players will face away from the coach in the ready position.
- b. On the coaches command, the player will whip to the inside, into the ready position with hands in the proper hand position.
- c. Coach will then throw the ball at the receiver at various targets.
- d. Receiver will then go through the above CATCH—TUCK—TURN Techniques
- e. *Variations— Speed*

4. **Run At Me Drill.**

- a. Players will line up in one line facing the coach 15 yards away.
- b. On the coaches command, the receiver will run at the coach.
- c. Coach will then throw the ball at the receiver at various targets.
- d. Receiver will then go through the above CATCH—TUCK Techniques and run past the coach.
- e. *Variations— On the catch, the player will turn back up the field, to the right, or to the left.*

5. **Over the Shoulder One Hand Catch.**

- a. Players will line up facing the same direction as the coach 10 yards away in the ready position.
- b. On the coaches command, the receiver will jog out.
- c. The coach will then throw the ball out in front of the receiver towards his outside arm.
- d. The receiver will then speed up and adjust to the ball and catch it with his outside hand (**Fig 5**), tuck it, and run up the field.

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Fig 5

6. ***Over the Shoulder Two Hand Catch.***

- a. Players will line up facing the same direction as the coach 10 yards away in the ready position.
- b. On the coaches command, the receiver will jog out.
- c. The coach will then throw the ball out in front of the receiver towards his outside arm.
- d. The receiver will then speed up and adjust to the ball.
- e. Player will catch the ball over his shoulder with his pinkies and elbows together, (**Fig 6 and 7**) tuck it, and run up the field.
- f. If the ball is thrown short, the receiver must stop, turn around and catch the ball at its highest point (**Fig 8**)



Fig 6

Fig 7

Fig 8

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7. *In Drill.*

- a. Players will line up facing perpendicular to the coach 10 yards away, 10 yards off center, and in the ready position.
- b. On the coaches command, the receiver will sprint across the field.
- c. The coach will then throw the ball out in front of the receiver.
- d. The receiver will use the **Diamond Technique (Fig 9)** to catch the ball. If the ball is thrown behind the receiver , he will use the **Shovel Technique**.
- e. After the catch is secured, he immediately attacks straight up the field, going directly north and south.



8. *Out Drill.*

- a. Players will line up facing perpendicular to the coach 10 yards away, and in the ready position.
- b. On the coaches command, the receiver will sprint towards the sideline.
- c. The coach will then throw the ball out in front of the receiver.
- d. The receiver will use the **Diamond Technique (Fig 8)** to catch the ball. If the ball is thrown behind the receiver , he will use the **Shovel Technique**.
- e. After the catch is secured, he immediately attacks straight up the field, going directly north and south.