



WIDE RECEIVER CATCH DRILLS PROGRAM

FUNDAMENTAL HAND-EYE COORDINATION, TUCKING & ROUTE RECEPTION

This comprehensive wide receiver catching program focuses on proper hand and eye coordination, correct hand placement (diamond and shovel techniques), secure ball tucking, post-catch vertical acceleration, and over-the-shoulder tracking.

WIDE RECEIVER CATCHING DRILLS

DRILL NAME	SETUP, EXECUTION & TECHNIQUE
1. Focus Drills	Setup: Two lines facing coach, 10 yards away in ready position. Execution: Coach throws ball directly at receiver's nose. Catch with fingers in diamond position, freeze for 2 count, tuck ball in inside arm, freeze for 2 count, then whip to outside and upfield (working back outside if thrown inside). Variations: Outside Shoulder, Inside Shoulder, Top of the Head, Chest, Highest Point.
2. Low Ball Drill	Execution: Coach throws football between receiver's knees. Catch keeping pinkies and elbows together down low to form a shovel. Bend at knees and hips without putting knees on ground. Hold position for 2 count, tuck in inside arm, freeze for 2 count, then whip outside and upfield. Variations: Outside knee, Inside knee.
3. Whip Around Drill	Execution: Players face away from coach in ready position. On command, player whips to inside into ready position with proper hand placement. Coach throws ball to various targets. Receiver executes Catch-Tuck-Turn technique. Variations: Speed.
4. Run At Me Drill	Setup: One line facing coach 15 yards away. Execution: On command, receiver runs toward coach. Coach throws ball to various targets. Receiver goes through Catch-Tuck technique and runs past coach. Variations: Turn back upfield, right, or left on the catch.
5. Over the Shoulder One Hand Catch	Setup: Line up facing same direction as coach 10 yards away. Execution: Receiver jogs out on command. Coach throws ball out in front toward outside arm. Receiver speeds up, adjusts, catches with outside hand, tucks, and runs upfield.
6. Over the Shoulder Two Hand Catch	Execution: Receiver jogs out on command. Coach throws ball out in front toward outside arm. Receiver speeds up, adjusts, catches over shoulder with pinkies and elbows together, tucks, and runs upfield. If thrown short, receiver stops, turns around, and catches at highest point.
7. In Drill	Setup: Line up perpendicular to coach 10 yards away and 10 yards off center. Execution: On command, receiver sprints across the field. Coach throws ball out in front. Receiver uses Diamond Technique (or Shovel Technique if behind). Once secured, immediately attacks straight north and south upfield.

DRILL NAME	SETUP, EXECUTION & TECHNIQUE
8. Out Drill	Setup: Line up perpendicular to coach 10 yards away in ready position. Execution: On command, receiver sprints toward sideline. Coach throws ball out in front. Receiver uses Diamond Technique (or Shovel Technique if behind). Once secured, immediately attacks straight north and south upfield.

PROGRAM GUIDELINES & COACHING POINTS

- **Hand Position:** Always form a clean diamond (thumbs and index fingers touching) for passes at or above the chest, and keep pinkies/elbows together for low or over-the-shoulder catches.
- **Security First:** Every catch must be followed by an immediate high-and-tight tuck into the inside arm before turning upfield.
- **North and South:** After securing receptions on breaking routes (In/Out drills), eliminate wasted lateral movement and accelerate directly north-south.

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.