

Football Drills

Drill Title: Cheap Seats Drill

Position: RECEIVERS

Year: 1995

PURPOSE: Contact / Non Contact

KEY TEACHING POINTS:

1. Agility.
2. Reaction
3. Technique & Fundamentals.
to teach catching the football with
your hands only
4. Intensity. Light

1. Watch the ball from My hands To Your
Hands!
2. Put head to one side of the pole
3. Concentrate on the seams of the ball. Tuck
after you catch
- 4.
- 5.

FIELD AREA:

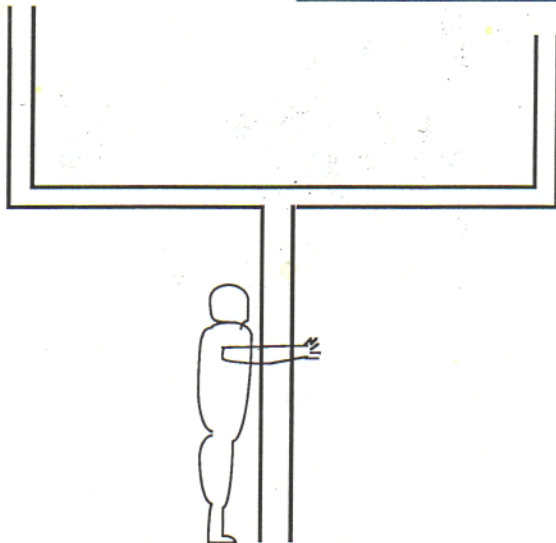
EQUIPMENT:

footballs

SPECIAL PERSONNEL: WR'S

TIME REQUIRED: 5 minutes.

DRILL DESCRIPTION: (Diagram, Words)



Have player put his
arms around the pole.

Throw balls at his hands