

FOOTBALL DRILLS

DRILL TITLE: One Hand Catch

POSITION

PURPOSE:

1. Concentration
2. Sideline Awareness
3. Hand Eye coordination
- 4.

KEY COACHING POINTS:

1. Drill should progress from short-soft passes with high trajectories
2. All passes should be caught with one hand and not trapped against body.
- 3.
4. Emphasize stance and start

EQUIPMENT:

Footballs

PERSONAL:

TIME REQUIRED: 5 minutes

DRILL DESCRIPTION



1. Align receivers 5 yds from sideline.
2. On count, WR will burst off LOs and at 3/4 speed, look over inside shoulder.
3. Passes are caught with the outside hand.
4. Drill should be completed on both sides