

Football Drills

Drill Title: Sideline Catch

Position: RECEIVERS

Year: 1995

PURPOSE: Non Contact

1. Agility.
2. Reaction
3. Technique & Fundamentals.

Concentration Drills

4. Intensity. Medium

KEY TEACHING POINTS:

1. Keep your feet in bounds. Feel the out of bounds.
2. Do not lose your concentration on the ball! Turn upfield if you have room
3. Tip Toe up sidelines and get at least one or two extra yards.
4. Drag your toe to keep it inbounds or lean out with feet unbounds.
5. Influence the referee by celebrating that you did catch the FB. You may sway him

FIELD AREA:

EQUIPMENT:

footballs

SPECIAL PERSONNEL: WR'S

TIME REQUIRED: 5 minutes.

DRILL DESCRIPTION:

(Diagram, Words)

Have Receivers jog towards the sideline and catch the football while staying in bounds.

Do this from both sides and then have then practice from the back of the end zone.

