

FOOTBALL DRILLS

DRILL TITLE:

Two Man Tip Drill

POSITION

PURPOSE:

1. Agility
2. Reaction
3. Technique/ Fundamentals
Concentration/ Catching
4. Intensity/

KEY COACHING POINTS:

1. Focus and concentration from release
2. Watch and concentrate on Ball
3. WR should stop the forward most part of the football as they tip back & forth
4. Catch the ball with authority

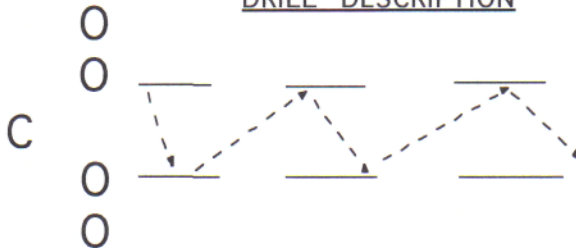
EQUIPMENT:

Footballs

PERSONAL:

TIME REQUIRED:

DRILL DESCRIPTION



1. Align two rows of front facing receivers five yards apart.
2. On command, coach throws a soft pass to one receiver .
3. In turn the two receivers tip the ball back and forth as they run under control across the field.
4. The two receivers try to execute ten tips each before crossing the drill area. Alternate each hand with the drill.

**Drill can be done with the football being tipped with one hand or both hands.

**Drill can be done with each receiver changing direction with each tip.