

FOOTBALL DRILLS

DRILL TITLE: Long ball

POSITION

PURPOSE:

1. Agility
2. Reactions
3. Technique/ Fundamentals
 Long pass
4. Intensity

KEY COACHING POINTS:

1. Catch under thrown balls with passes thumbs in.
2. Wr must stay in within 3 yards of sideline
3. Track the ball from the QB's release
4. Extend and snatch the ball form the air

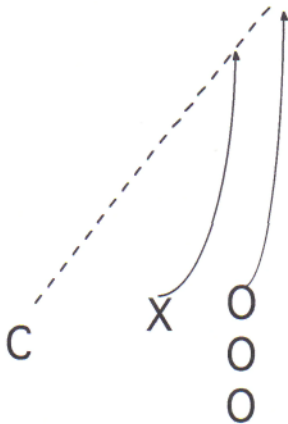
EQUIPMENT:

Balls

PERSONAL: wr & defensive backs

TIME REQUIRED: 5 minutes

DRILL DESCRIPTION



1. Align WR 8 yds from sideline.
2. WR burst off LOS, and route should take him 3 yds for sideline.
3. Ball should be thrown over outside shoulder.
4. Wr must catch ball, secure it and sprint through the goal line.
5. Drill must be done on both sidelines.
6. Defender can break up pass.