

FOOTBALL DRILLS

DRILL TITLE: NET - FLASH DRILL

POSITION

PURPOSE:

1. Agility
2. Concentration
3. Hand eye coordination
4. Ball Security

KEY COACHING POINTS:

1. Head and hip turn at the same time.
2. Hands up as you turn.
3. Track the ball from release to catch
4. Secure the ball.

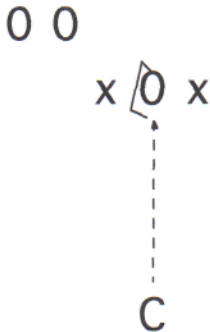
EQUIPMENT:

balls, goal post net, two hand shields

PERSONAL:

TIME REQUIRED: 5 minutes

DRILL DESCRIPTION



1. WR should be in the middle of the end zone facing the net.
2. Shield holders are positioned on each side
3. On command, WR executes 180 turn, catches the ball.
4. WR secures the ball, the shield holder jams the WR with the shield.
5. Drill must be completed by turning to both sides.