

Football Drills

Supplies needed: 2 players, cones (shoes or balled up shirts), football (generic ball)

Catching Drills:

- Basic Passing/Receiving: Players will warm up by passing the ball back and forth. Players can be as far away as they want when passing the ball. Players should aim for the player's chest, their right/left side and above their head.
- Over the Shoulder Catch: The passer will stand behind the receiver. Passer can be at least arm length away from receiver. Passer will then toss the ball to either right/left side or above their head. Passer must toss the ball in order for it to be catchable. To assist the receiver, as the passer tosses the ball, the passer will say "Right!" or "Left!" or "Up!" (Small ball or Tennis ball is ideal for this drill)

Routes:

- **0 Route / Hitch: Blue**
 - Receiver: Will run out 10 steps, stop and turn around with their hands ready to catch the ball. Receiver should expect the ball as soon as he turns around.
 - Passer: When the receiver is half way to the cone, the passer must throw the ball to the second cone. Getting the timing of the pass right will eliminate the time the receiver is standing in one spot and so the ball reaches the receiver as soon as he gets to the cone.
- **2 Route / Slant: Orange**
 - Receiver: Will take 2 or 3 steps forward and then cut to the inside at an angle still moving up the field. Once the cut is made, the receiver should be looking to the passer for the ball.
 - Passer: When the passer signals the receiver to go, the passer will take 2 steps back and throw the ball. The passer should aim for in front of or where the receiver is going. By throwing the ball in front of or where the receiver is going, this will allow the receiver to catch the ball on the move and keep going without having to stop and wait for the ball.

