

**MRA WIDE RECEIVER
CATCHING DRILLS CIRCUIT
EDD's
"Freeze Frame"**

Willie Mays:

Goal: *Achieve proper over the shoulder catches*

Coaching Points –

- 1. Accelerate through the catch (Pumping your arms)**
- 2. Show hands and eyes late**
- 3. Two hands with the catch**

Pester Drill:

Goal: *High pointing the ball with a defender on you*

Coaching Points –

- 1. WR and defender run side by side (75% speed)**
- 2. Catch ball at apex**
- 3. Pull the ball behind your head (eliminates DB strip)**
- 4. Secure the catch accelerate to the next line (get vertical)**
- 5. Back shoulder catch: Secure catch with two hands away from DB**
- 6. Take a picture with yours eyes on the catch.**

Tightrope:

Goal: *Catching the ball on the run -> accelerate up field*

Coaching Points:

- 1. Run full speed from the hash**
- 2. Ball should be thrown and caught between the number and sideline**
- 3. After catch: Stick outside foot in the ground and work to next line**
- 4. Navigate the sideline vertically**

Toe-Tap:

Goal: *Catching the ball inbounds on the run*

Coaching Points –

- 1. Secure catch**
- 2. After the catch eyes drop down ... pop the toes down in bounds**