
CHAPTER 17



Running Back & Receiver Drills

RUNNING BACKS

One of the great things about the Wing-T is that it spreads the ball around and gives many players the opportunity to contribute. This not only develops a strong TEAM FIRST mentality, but also raises morale because the offense is not depending on only 2-3 players to make plays while the rest of the team becomes cheerleaders. This makes the backfield position very interesting in that the running backs must not only master the skill of carrying the ball, but must also become adept at catching the ball, blocking, and faking.

The following character traits must be instilled in all of our backs:

UNSELFISH

As with all positions in the Wing-T, the running backs must be unselfish. They have to understand that the ball will be spread to all of the skilled positions. This offense has 4 backs and 4 receivers who will touch the ball. They need to understand that this is to their benefit since the defense cannot key on just one back. If the halfbacks are having a big day, it might be because the defense is keying on the fullback, or vice versa.

FAKING

The Wing-T is a misdirection offense that asks the backs to take out a defender with a fake instead of a block. Fakes help misdirection, create deception, and force the defense to be frozen in place, unable to read the ball and unable to pursue



RECEIVERS

This chapter covers backs, tight ends and wide receivers. All receivers are going to learn the same techniques because we cross-train our players.

UNSELFISH

It is most important to have players on your football team who are unselfish. You cannot have people who want statistics for themselves only. Athletes have to be happy with winning the football game and also with accumulating statistics as a team. The worst thing to mess those guys up is usually the attention given to them by the people in your town—patting them on the back, grumbling about the coach, telling the kid he is not getting the ball enough. Your players have to buy into a team philosophy. They have to be hungry and have to be unselfish. Those attributes are the principal qualities to look for in your receivers.

LIKES TO BLOCK

The tight end and receivers must be willing to block. While the TE has to be a really good blocker, the receiver does not have to be big or strong. He simply has to be willing to block. With the new crack blocking rules, all he has to do is get his hands on the breast plate and move his feet like crazy. It is more desire than anything. Although we love to throw the ball out of the pistol formation, if you have a wide receiver coming from a program where they throw the ball 45 to 50 times a game, we are still going to be a physical, ball-control type of offense based on running and play-action passing. Therefore, you will need to recruit a spread end who is unselfish.

SIZE, SPEED, & STRENGTH

Ideally, we would like a Tight End who is strong enough to block down on Ends and Inside Linebackers, but skilled enough to flex out as a receiver. He is the number one receiver on many of the patterns. However, in the Wing T, the Tight End has to be able to block. There have been years that our Tight End has been our 3rd string tackle who we gave an 80 number to and lied to him by telling him that we were going to throw him the ball. Those years we were forced to sub him out for another split end, wide-receiver type when we

needed two wide outs for passing plays. We call this personnel group “X-MEN” because we have two X’s on the field. We do not like doing that because it tips our hand to the defense.

Ideally, a versatile high school tight end weighs between 190 and 210 pounds, is 5’11” to 6’1” and can run a 4.8 forty time. He has to be big enough and strong enough to block down on defensive ends and be able to stop any penetration from a man playing inside him in a 7 technique. He also has to reach block on Ends and block the Inside Linebacker, who is probably the best player on their defense.



GAUNTLET DRILL

This drill really makes the receivers concentrate on catching the football. You do that by trying to strip the ball, trying to knock those receivers down, anything to cause problems for the receiver. This drill makes sure each receiver has caught the ball and tucked it away. As he turns up through the gauntlet, two lines of receivers forming a gauntlet, or a tunnel. The players in the gauntlet are going to strip him, bang him with hand shields, and bump him. They are going to do anything they can to try to make him lose the football.

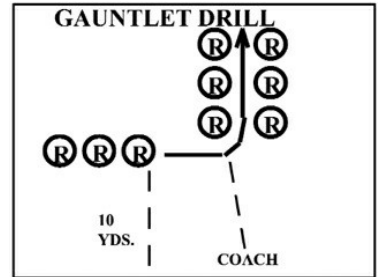


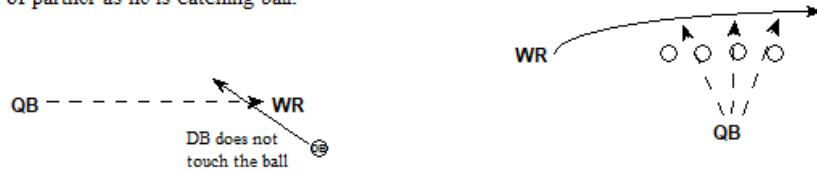
Diagram 4.47

WR DRILLS

CONCENTRATION

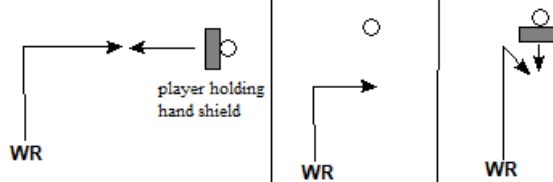
DISTRACTION DRILLS

BEHIND THE TREES: Line up all the players in straight line with hands in the air facing the coach. They wave at the ball that is thrown through their arms. WR runs behind them and tries to catch the ball.
 2) Step in front of partner as he is catching ball.



TAKE A HIT DRILLS

1) Run pattern & get hit with hand shield as WR is catching the ball.

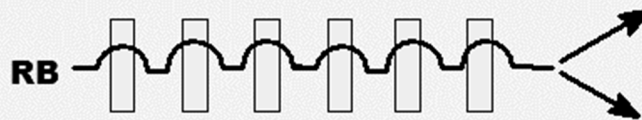


BAG DRILLS

HIGH KNEES over the agility bags.

Always holding a ball and exchanging hands as many times as possible.

- (1) Run thru forward one foot in each hole between each bag; Repeat laterally.
 - (2) Run thru forward both feet in each hole between each bag; Repeat laterally.
- Make a Spin move after last bag.

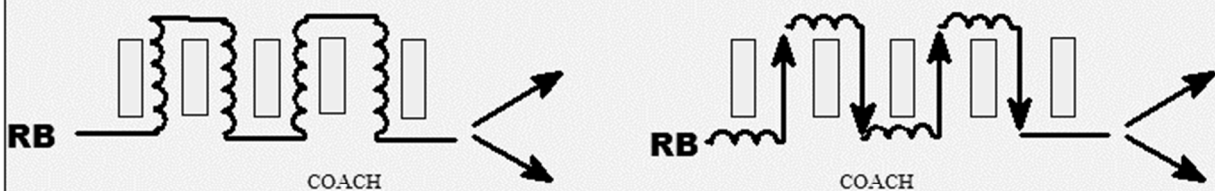


LATERAL SHUFFLE through the agility bags.

Always holding a ball and exchanging hands on each change of direction (COD).

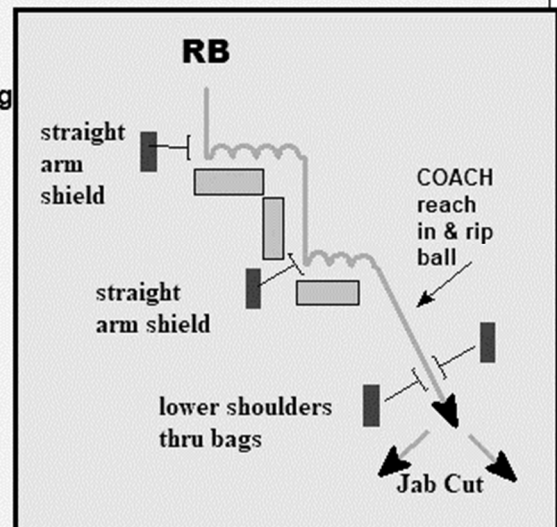
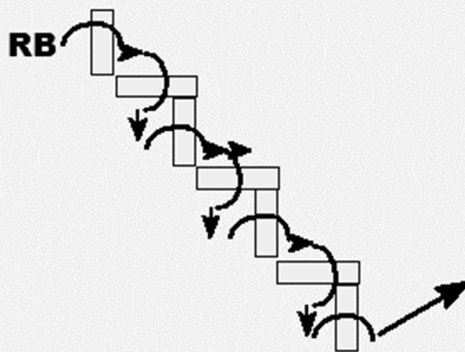
- (1) Facing forward entire time, run forward and lateral shuffle between bags.
 - (2) Facing coach, backpedal between one set & sprint forward thru next set.
- Lateral shuffle after backpedal or forward run.

Make a jump cut and then a touch up after the last bag.



ANGLE STEPOVER through the agility bags.

Forward hop, lateral hop, forward hop, lateral hop...
change ball hand, stiff arm, and COD after last bag




AGILITIES

- To promote backs running with high knees and stumbling over defenders on the ground, we use lots of combinations of bag drills. Can also use trash cans in place of bags.

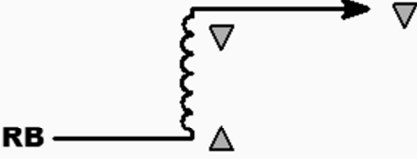
Since we firmly believe in variety and breaking up the monotony of practice, we will alternate between BAGS, CONES, and ROPES every day during spring and summer. We will re-visit these 3 sets of agilities first week of August, but we don't have time for them during the season.

CONES

SNAKE:
Cones are very tight, so no running.
Feet "shuffle" very fast to get around them.



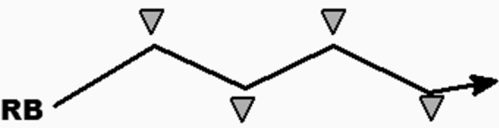
SPRINT SHUFFLE GO:



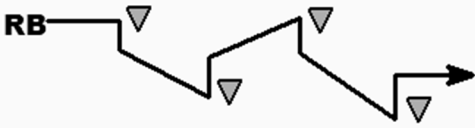
BALANCE EXCHANGE:
Ball in right hand, standing on right foot, left hand touching ground for balance.
Jump in air, switch ball into left hand, land on left foot, right hand touches ground for balance.
Continue for 5 yards.

CUTS


SPEED CUTS:
COD while running straight ahead



JUMP CUTS:
Lateral COD then burst forward



SLALOM CUTS:
COD while going outside the cones



TOUCH UPS:
Palm on ground as go around cone

