

**MRA WIDE RECEIVER
BLOCKING PROGRESSION CIRCUIT
"Block Party"**

Chair Drill:

Goal: *Teaching proper form when initiating the block.*

Coaching Points –

- 1. Low Basketball Stance**
- 2. Chair is right under the WRs rear (between their legs)**
- 3. Thumbs Up**
- 4. Work in a 1-yard x 1-yard window when sliding back and forth**
- 5. Elbows tight**
- 6. Do NOT get in a hurry**

Chute Fits:

Goal: *Teaching proper hand placement and finishing tools on a block*

Coaching Points –

- 1. Low center of gravity under the chute**
- 2. Feet shoulder width apart**
- 3. Don't hunch back over, bend at waist**
- 4. Hands engaged with defender (THUMBS UP)**
- 5. Press the defender**
- 6. "Squeeze the Air Out" between the WR and DB**
- 7. Short steps forward (We use three to four steps after the initial punch)**

Base-Fit-Drive:

Goal: *Teaching proper break down footwork*

Coaching Points:

- 1. Defender should be right behind the chute to start**
- 2. WR is 5-yards from Chute**
- 3. 75% speed to approach**
- 4. Firm base at contact with defender**
- 5. Fit hands in the proper placement (Inside the breast plate of the shoulder pads)**
- 6. Drive the defender another five yards "Squeezing the Air Out" ie: Chute Fit**

Mirror Drill:

Goal: *Teaching WRs footwork and to have a good shoulder with apart base*

Coaching Points –

- 1. Breaking down the WR should be in an athletic basketball defense position.**
- 2. WR runs from 10 yards away. Starts to break down at 3 yards.**
- 3. Hands should in front of their body, with their elbows slightly bent – NOT behind their back.**
- 4. Be ready to move laterally to keep the defender in front of them. (basketball slide)**
- 5. Verbal command for the WR to engage with the defender**

Fit-Refit:

Goal: *Teaching proper break down footwork and position to block*

Coaching Points-

- 1. This drill is set up like the Mirror Drill; however, we added a longer run and all WR go at the same time.**
- 2. Full speed to the defender ... start breaking down at 5 yards**
- 3. Break down in a balanced stance**
- 4. Fit (Proper hand placement with the defender)**
- 5. Verbal que from the coach to refit with the defender.**

Rip and Run:

Goal: *Teaching proper hand placement when DB gets outside the WRs framework*

Coaching Points –

- 1. Set up just like the Chute Fit and Mirror Drill.**
- 2. Only difference is you want the DB to try to escape form the WR**
- 3. Once the WR loses leverage, Rip through the way the defender wants to go.**