

Footwork and Route Breaks

We always work from the ground up. I believe it is paramount to teach receivers this way. I always install my catching progression first, and then I work from the feet up. I am a huge believer in foot work; I know great footwork gets receivers open. I do not do anything that is groundbreaking or hasn't been done before. I emphasize feet daily. Hardly ever will the receivers come to an individual period and just run routes and catch a football. We have "routes on air" and "quick game" periods for specific route training.

During Indy time I work cuts at the top of routes, and what we call an "Attitude Slam," which in essence is a stick from the receiver. I feel like by teaching proper cuts and footwork we can gain advantages on defense and consistently keep them on their toes. I have used these similar drills for years, and have seen tremendous advantages from them. I would also like to add that I am always trying to evolve these drills to incorporate more skills without losing focus of the main objective of achieving great footwork. There are a million great footwork drills that I think are good, but these are the ones that I have depended on.