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## SECTION TWO

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# DRILLS



**Chapter 4 : Quarterback Drills**

**Chapter 5 : Receivers and Tight Ends**

**Chapter 6 : Running Backs**

**Chapter 7 : Offensive Line**

# Receivers & Tight Ends



This chapter covers both tight ends and spread ends, or wide receivers, or split ends—whatever you want to call them. All receivers are going to learn the same techniques because we cross-train our players.

## Qualities of Receivers

### 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 3<sup>rd</sup> 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.

### **Good Hands**

Another key quality for receivers, of course, is good hands. Receivers can get open all they want and can run great routes, but, if they can’t catch the ball, all that running talent is not doing much good. Now, if a receiver has not-so-great hands, but is really fast and quick, then we can develop decent hands.

### **Pass Routes**

Finally, the ability for a receiver to run pass routes is essential. The receiver must have either great speed or great quickness. Some guys can get open underneath, can run great routes, and can shake loose from the defender covering them, because they are quick and have good moves. Some can burst off the line of scrimmage, give a head fake and find themselves wide open. Receivers who have great moves can make it. They can be good receivers, especially in this offense, which contains so many intermediate routes.

The flip side to great moves is a receiver who has tremendous speed. But, they are rare at the high school level and even rarer to have a fast receiver who also has good hands and loves to block. We can throw fades, posts, and corner routes to a guy with speed, which forces the secondary to back off.

## **ALIGNMENTS & HUDDLE**

The offense is very difficult to stop if the Tight End (“Y”) can be a physical down blocker as well as being an effective split-end Wide Receiver. If we don’t have a player at TE, then our blocking TE is our 3rd best tackle wearing an 80’s number. We cross train all of X’s to play both sides so when we take the TE out, we simply yell “Two X’s” and our 2 best WR enters the game.

### **HUDDLE**

The X receiver is never in the Huddle. He is either running the play in, wears a wristband, or looks to sideline for the hand signals. The Y also has to leave the Huddle when he is not lining up as a 3-point stance Tight End (“TIGHT”, “OVER”, “NASTY”, “TUBBY”, “JOKER”). If the X or the Y are in the Huddle, you will not be able to sprint out of the Huddle and snap the ball in 3 seconds because the offense will have to wait for them to run from the Huddle all the way to the edge.

If the Y is lining up as a Tight End, it is very important that he waits behind the Center and not cheat towards his right or left. We do not want the defense making any strength calls before breaking the huddle.

### **Ball in Middle of Field:**

- ◆ “Loose”: Ends splits will be between the top of the numbers and the hash
- ◆ “Narrow”: line up on the hash marks; “wide”: line up on bottom of the numbers.

### **Ball on the Hash:**

- ◆ “Narrow”: Boundary end top of numbers; Field End split difference between hash & tackle
- ◆ “Loose”: Boundary end will line up on bottom of number. Field End line up on hash.
- ◆ “Wide”: Boundary end line up on bottom of number. Field End top of numbers.

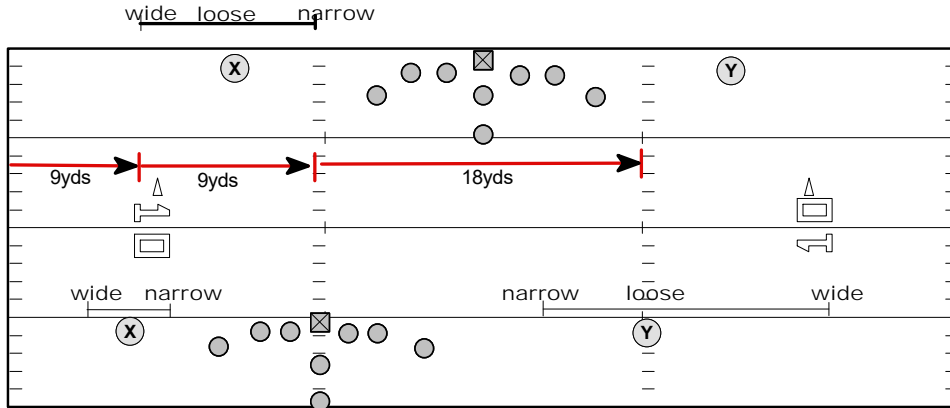
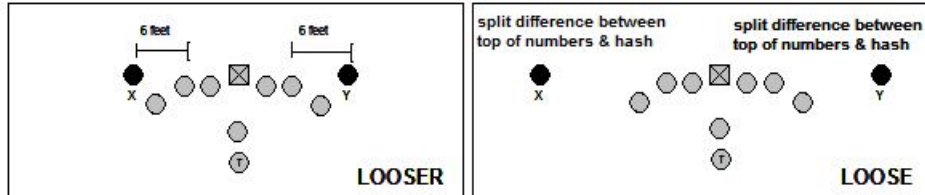


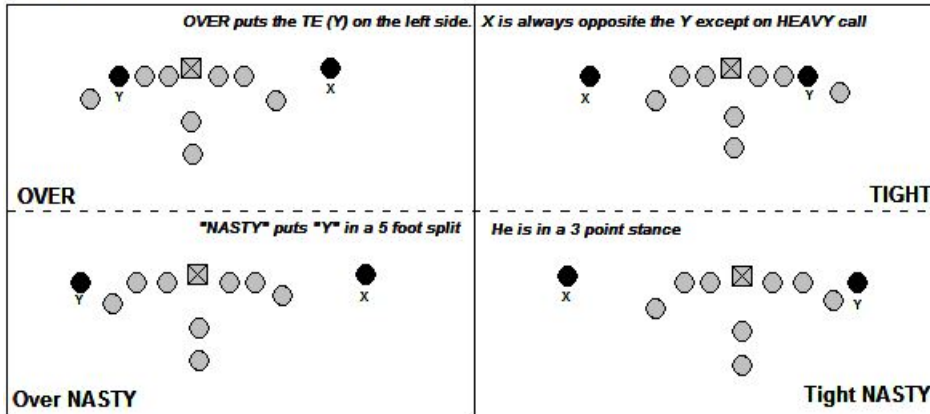
Fig 21: Receiver Alignments

## RECEIVER FORMATIONS

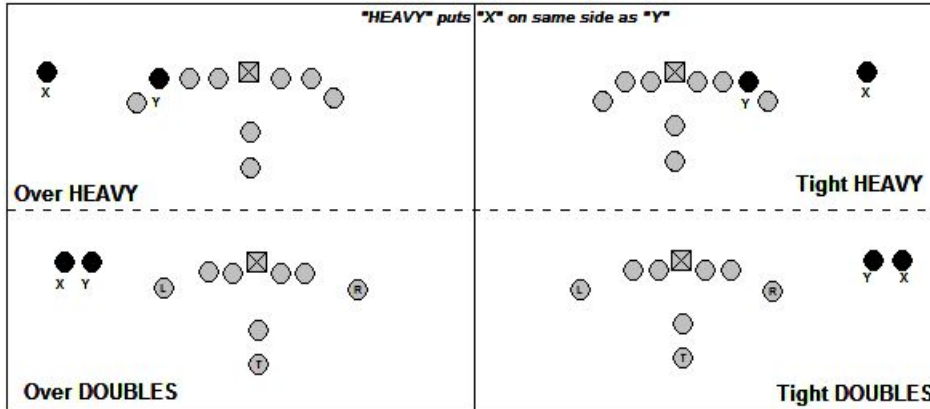
These are the FORMATION WORDS that only apply to the “X” wide receiver and the “Y” tight end.



TE (Y)



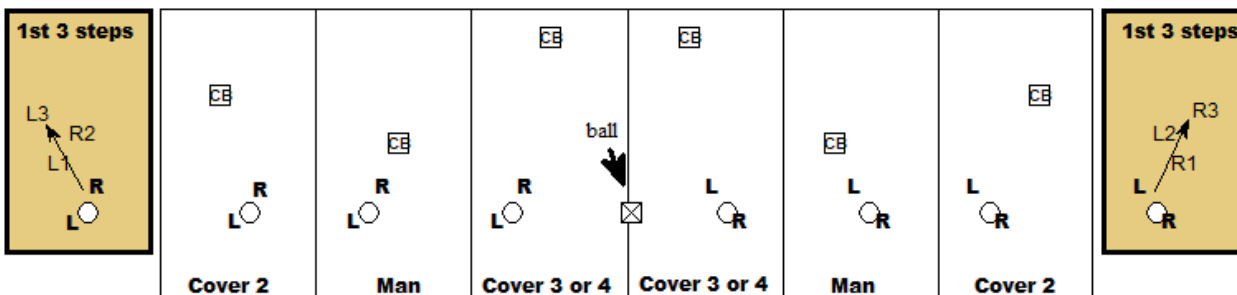
SE (X)



**WR DRILLS**

**STANCE & READS**

STANCE: Inside foot up. On balls of feet. Forward lean. Eyes scan field then look at ball.  
 Leave on ball movement, not QB voice. Hands up like a boxer.



COVER 2: CB outside shade & eyes on QB.

MAN: CB inside shade/head up & eyes on WR.

COVER 4: CB deeper than 5 yards + 2 safeties.

COVER 3: CB deeper than 5 yards + 1 safety.

**DRILL #1: STANCE & READS**: line all the receivers up on a yard line. Coach stance, feet, & eyes. Another player lines up in front up them in C-2, man, C-3, or C-4. Players yell coverage and sprints off ball with 1st three steps. That player is next defender and the CB goes to end of WR line.

**WR DRILLS**

**HANDS**

**DRILL #2: Fingertips**

1. Hold ball out, drop it, catch with palm
2. Slap ball back & forth with fingertips.
3. Around, knees, hips, & head.
4. Figure 8 between legs

**DRILL #3: Pole**

1. Stand behind a pole or hug agility bag
2. Pole / bag is between body & hands
3. Catch ball with hands extended.

**DRILL #4: Clock**

1. Partner up with one ball, 5yds apart.
2. Throw ball to each other.
3. Above head is 12 O' Clock.
4. Below waist is 6 O' clock.
5. Catch ball at all hours of the clock.
6. Always tuck the ball.

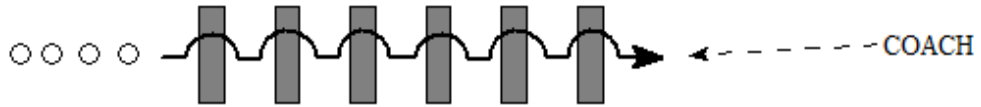
**DRILL #5: Right At You**

1. Get in groups of 4.
2. Run straight at partner..
3. Catch ball thrown straight at you.
4. Yell number, tuck ball.
5. Turn to throw to next player in line.

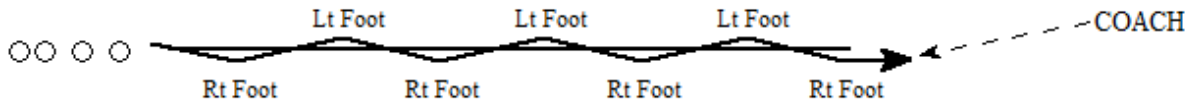
**WR DRILLS**

**AGILITIES**

**DRILL #6:** FWD LEAN: Hi step thru agility bags w/fwd lean. Catch ball at last bag.



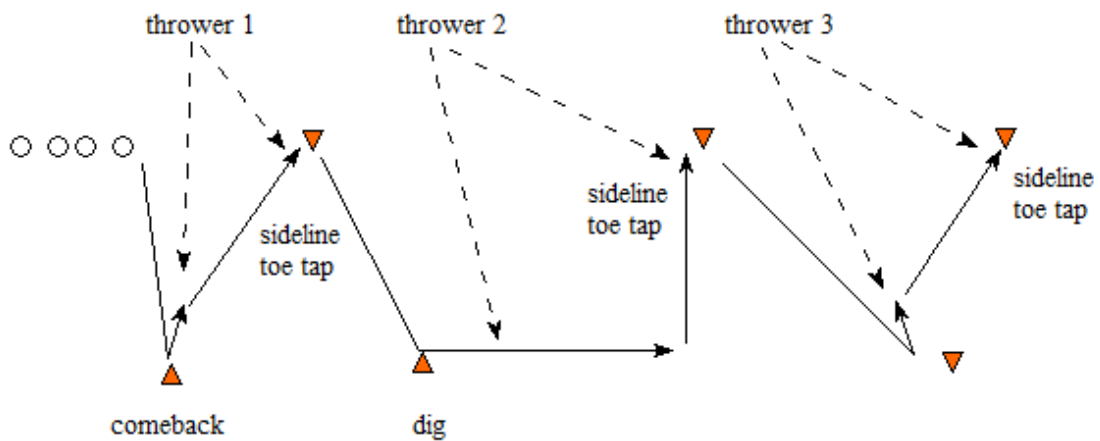
**DRILL #7:** 3 STEP CUT: Run straight down line & stick in ground slightly outside the line. Keep foot under hip & don't over extend. Then stick off other foot.



**DRILL #8:** 3 CUT DRILL: Zig Zag thru bags, plant & push. Catch ball at last bag.



**DRILL #9:** 6 CONE:



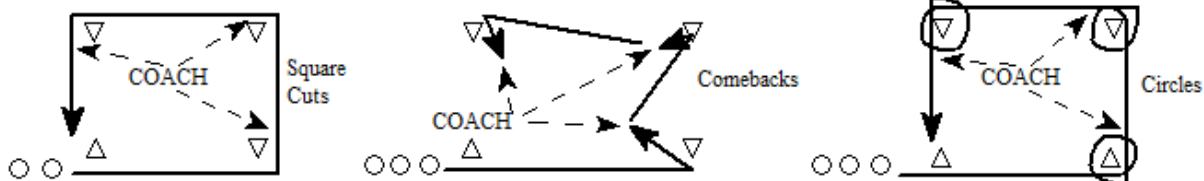
**WR DRILLS**

**AGILITIES**

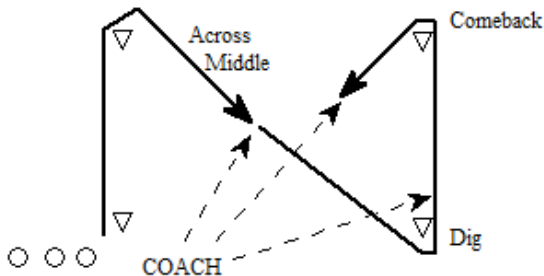
Never cut with eyes.  
Get knee in direction, then snap the head.

Paint small white numbers on ea ball on both ends. Every ball has different number.  
WR yell out number on every catch, forcing him to catch with hands, not chest.  
Also see ball into the hands.

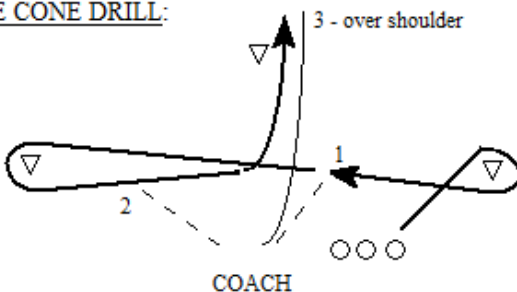
**DRILL #10: FOUR CONES:** 90 degree cut at each cone; then comeback at each cone. Catch ball at ea cone.



**DRILL #11: X-DRILL:**

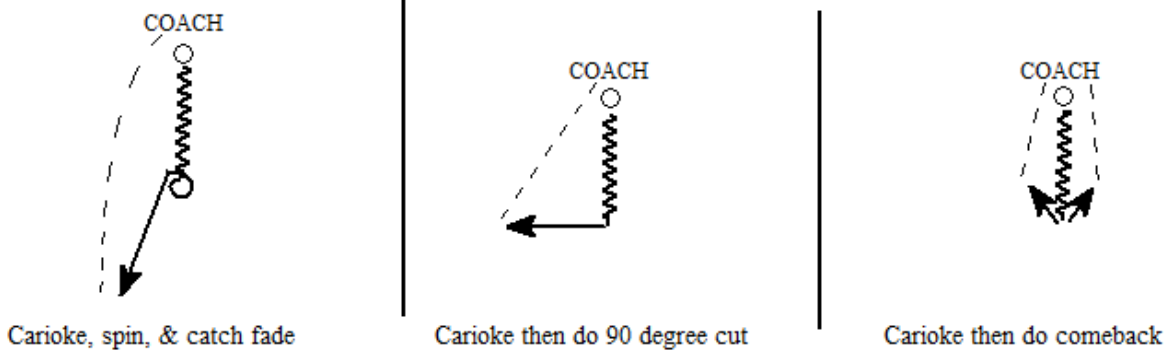


**DRILL #12: TRIANGLE CONE DRILL:**



Coach throws 3 balls to WR,  
the last throw is a fade.

**DRILL #13: C.O.D:** Change of Direction Drills



**WR DRILLS****CATCHING**

There are only three parts to running a route: the release, the pattern, and the actual catching of the football. They have to be able to get around a press corner or re-routing linebacker. Then they have to run precise routes and of course catch the ball when it is thrown to them.

**ALWAYS Tuck and Cover**

A very, very important thing to make every receiver do in every drill is to tuck and cover the ball after the catch.

The only catch made with thumbs together is the ball coming at the upper body, straight down the middle. For all the other catches, put the pinkies together and turn their thumbs out. If the ball is away from the body, up high, you try to catch that ball with the pinkies together and the thumbs spread out. What happens is, if the ball is away from your body and you put your thumbs together, when the ball hits your hands, it tends to bounce off your hands and away from your body. Whereas, if you turn the thumbs out, then the ball hits your palms and tends to bounce back toward your body

**Turnaround Drill**

Players partner up and one player throws the ball to his partner, who has his back turned. When the ball leaves the hand, the player yells “ball” and his partner turns around. He has to focus, catch the ball, and get it tucked away, all within a relatively short period of time. The ball can then be thrown to their right or left, so when the turn around they break laterally as if running an out or dig route. The last phase is to throw the ball over the right or left shoulder to simulate a fade, post, or corner route.

**Sideline Drill**

In high school, a receiver only needs to have one foot in bounds to catch the football. However, this drill teaches them to do a little tap dance on the sideline. If they are trying to get both feet in bounds, then surely one foot will probably stay in.

You set a receiver who is going to catch the ball about five yards away from the sideline and have the extra receivers lined up right behind him. You take the final step of the route, one step forward, and then break back toward the line of scrimmage toward the sideline. The coach is going to throw the ball, simulating a quarterback throwing the ball on a comeback or an out. The receiver will catch the football and try to tap dance right on the sideline, keeping both feet in and catching the ball. Sometimes, they even drag their feet and fall down as they are catching the ball and trying to keep both feet in bounds.

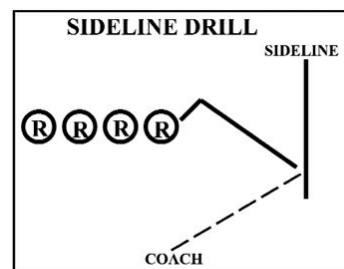


Diagram 4.45

**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.

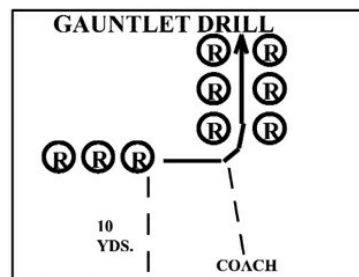


Diagram 4.47



**WR DRILLS****CATCHING**

### 2-LINE CATCHING DRILL

Every football has numbers painted on each tip. Different numbers at opposite ends of each football. For example, a football has "1" painted on one tip & "2" on opposite tip. Next football has "3" on one tip and "4" on opposite tip.

each QB needs 2 balls to throw & a backup ball on the ground. As soon as a ball is thrown, grab next ball from WR standing right in front of you and throw again. This drill goes very fast.

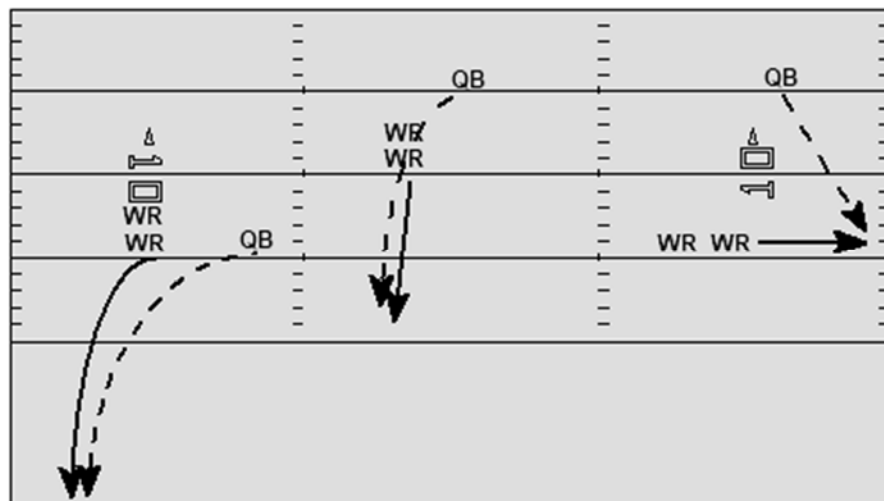
<p>1st time thru: Straight at You. <i>Do not use body.</i> <i>Call out number</i> <i>Tuck &amp; run upfield</i></p>	<p>2nd time thru: 1-arm extend. <i>ball thrown out in front</i> <i>Extend with 1 arm &amp; catch</i> <i>Tuck &amp; run upfield</i></p>	<p>3rd time: ball behind. <i>Reach back &amp; spin</i> <i>turn up sideline</i></p>	<p>4th time: Low Ball. <i>throw ball at knee caps</i></p>
<p>5th time: hitch. <i>plant &amp; turn.</i> <i>throw before turn around</i></p>	<p>6, 7, 8th time: speed out. <i>both hands,</i> <i>1 hand extended ball behind you</i></p>	<p>10th time: fade. <i>aim at outside shoulder</i></p>	

**STATIONARY DEEP BALL**

Back to QB. QB yells "ball" on release and then WR looks up to find the ball that was thrown over his shoulder. Sprint and run under the thrown ball.

**TOE TAP DRILL**

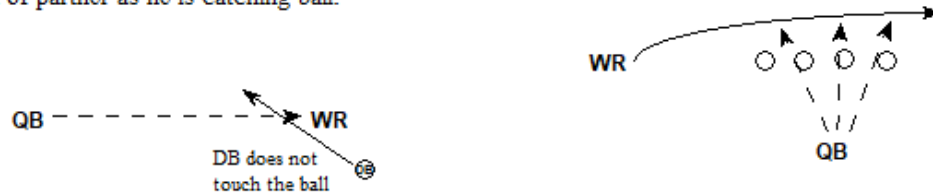
Start at top of numbers and WR runs towards sideline catching the ball thrown down the sideline while keeping the feet in bounds.

**BACK OF ENDZONE**

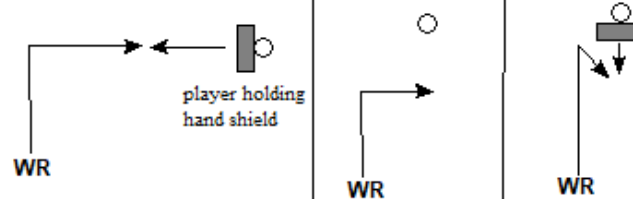
Receivers catch fade/lob passes thrown to back corner of endzone. Keep one foot inbounds.

**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.

**W.I.N. DRILL**

Run fade route with CB running along side WR between QB & WR. Ball is thrown up & both jump to get the ball.

**WR DRILLS****BALL PROTECTION****4 POINTS OF PRESSURE**

1) Eagle Claw; 2) Forearm; 3) Bicep; 4) Ribs

**STRIP DRILL:** As soon as WR catches the ball, partner slaps / strips the ball from receiver

**GAUNTLET DRILL:** Catch ball & run through 2 lines of other players who try to slap the ball.

**BEHIND DRILL:** Partner chases WR as he jogs forward with the ball.

Try to punch the ball with underhand motion or strip ball with overhand chop.

## Release Period

The next part of the receiver practice plan is the release period, where you emphasize to the receivers the importance of getting off the line of scrimmage. You remind them that they cannot get jammed or held up at the line and back up your verbal instruction by working on their release techniques every day.

### WR DRILLS

### RELEASES

READ: Defender alignment. Try to recognize the coverage. Identify where you need to go to force him away from your eventual pattern break.

STEM: is your upfield action after you release off the line.

WEAM: is the slight adjust in your path to influence the defender away from your pattern break. You want to make him turn his hips away from you will end up coming.

#### PRESS RELEASE

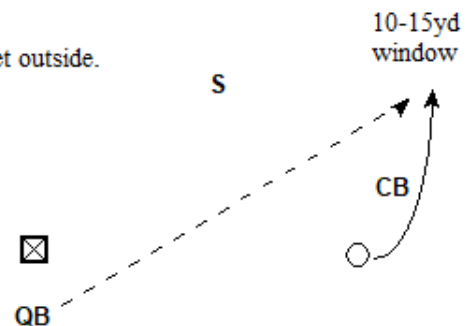
SLAP, PIN & PUNCH: First slap DB hand out with WR hand in an inside-out motion ("slap")  
 Second, grab the other hand/wrist from outside and push inward ("pin")  
 Third, punch over the same shoulder as the arm you just pinned ("punch")

UP & RIP: First punch WR forearm in an upward motion, striking DB forearm with your forearm  
 Second, rip under DB armpit with other WR arm.

#### COVERAGE 2 RELEASE

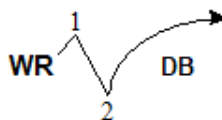
Attack outside shoulder of DB. SLAP, PIN, & PUNCH to get outside.  
 If DB maintains outside leverage, then inside slap or "swipe" WR inside arm (same arm you just punched with) towards sideline and release inside of him

Once you get by a Cover 2 CB, immediately look for the ball near the sideline 10-15 yds from LOS before safety rolls over



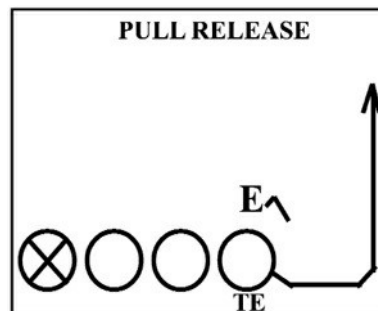
#### TWO STEP RELEASE

Short 1st step in direction you want to go, then a 45 degree jab in other direction to push off.



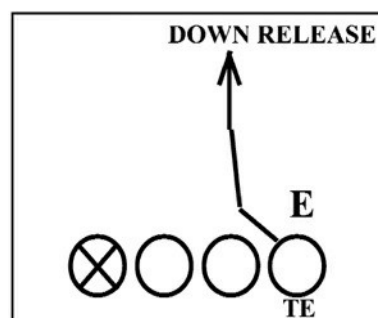
### Pull Release

This release can be used by a tight end on the line of scrimmage with the defensive end directly over the top of him, trying to jam him, or by a spread end with a corner in a press position, right up in his face. In either case, you need to be able to pull release around the defender. He is going to take a pull step with his outside foot. On a pull release, he pull steps with his outside foot, then dips his inside shoulder, rips his inside arm through, and starts working vertically up the field as fast as he possibly can. The spread end needs to pull release when he is running a fade route. Against a cover two-deep corner who is right his face and pressed, the receiver is going to release to his outside and run the fade.



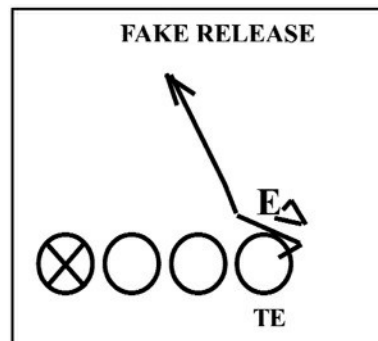
### Down Release

It can be used by a tight end releasing off an outside backer or a spread end releasing off a corner—any situation where you want the inside release and also want to get vertical. If you are using a down release, you take a down step on a 45-degree angle to your inside. The shoulder nearest to the defender must dip, and your arm nearest the defender must rip. You want the outside half of your body to dip and rip and then get vertical up the field.



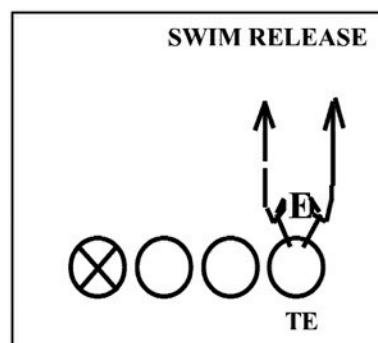
### Fake Release

On a fake release, you are going to fake to one side and release to the other. You use several types of fakes, but a mere head fake can suffice. You can just throw your head to one side and then step with the opposite foot. You can step with left foot and then go to the right. Or, you can combine both of those. You can head fake, step to the left, and then break to the right. Most players choose to combine the head fake and the outside step and then try to release to the inside, or vice versa. They go head fake and step inside and then release to the outside.



### Swim Release

On the swim release, obviously, you are going to try to swim right over the top of the defender or right over top of the defender's hands and arms. It is good to pin the arm in the direction you are releasing to. If the defensive man has his left arm sticking out at you as a receiver and you are trying to release to your right (his left), then you want to take your hands and get his left arm off of you. You can pin his elbow or can swat his hands down. On the swim, you want to get the defender's hands off of you and want to punch right over the top of his arms with your near arm as you burst vertically up the field.

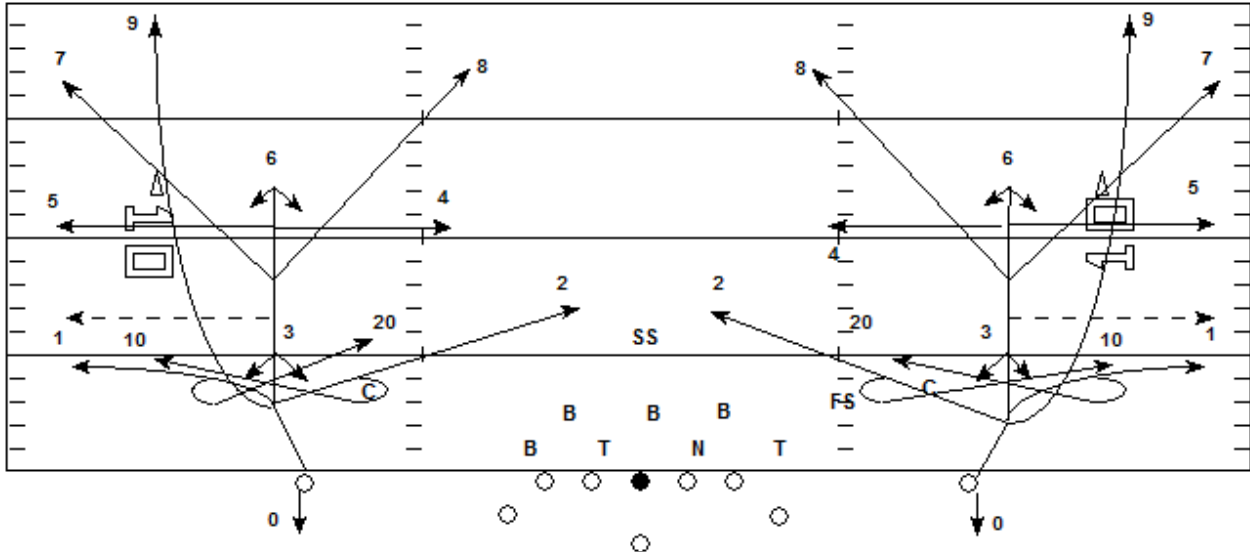


All of these releases—the pull release, the down release, and the swim release—can be combined. If you want to, you can head fake and swim, head fake and down release, or head fake and pull release. You can combine the fake release with any of those.

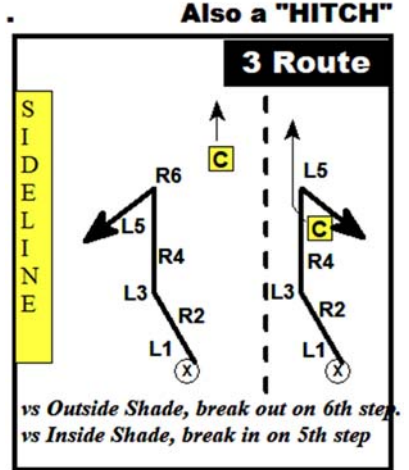
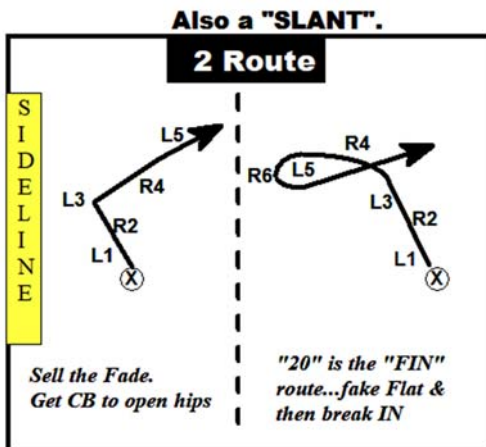
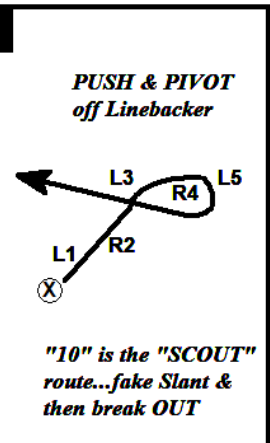
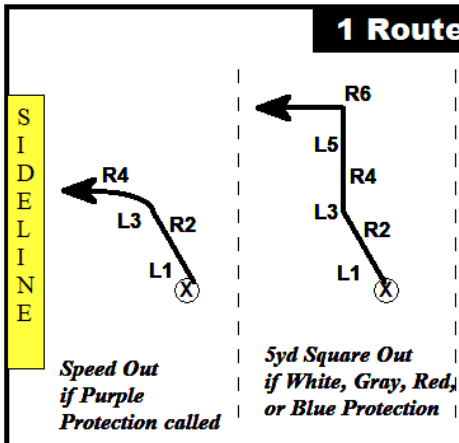
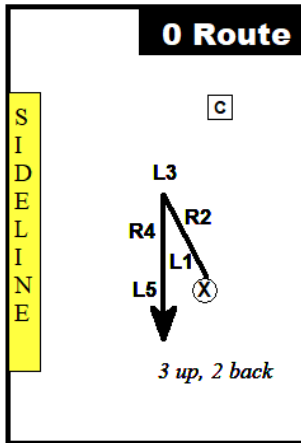
**WR DRILLS**

**PASSING TREE**

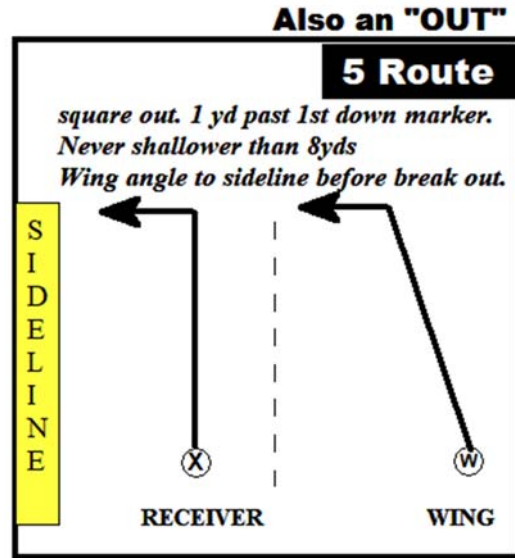
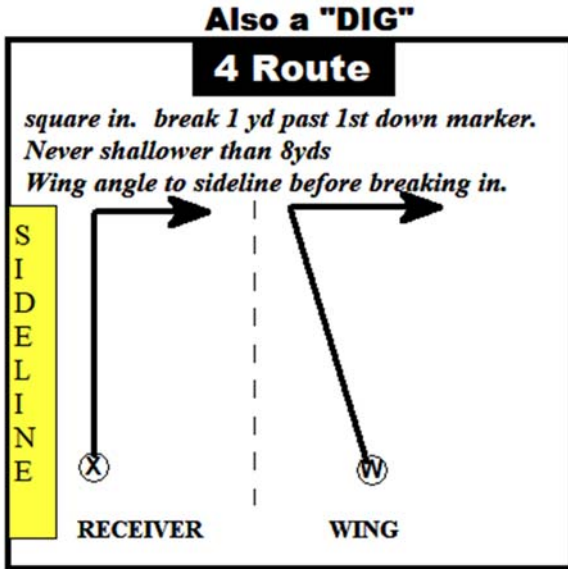
We need to teach precise route running and are not necessarily working on releases. When we first teach routes, there is no ball as we are not teaching how to catch the ball. We are focused on proper depth, footwork, and cuts. Receivers will work on releases and catching the ball in group passing drills.



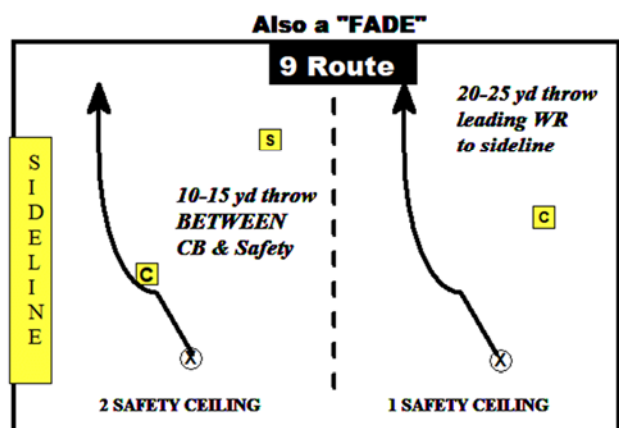
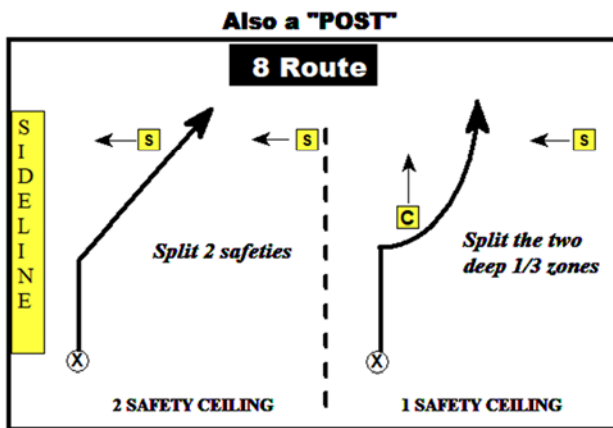
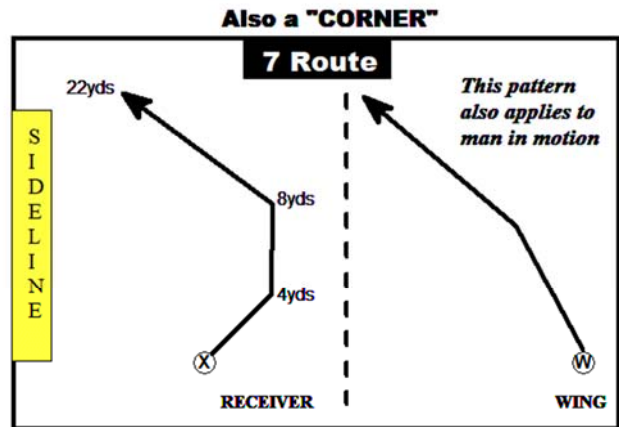
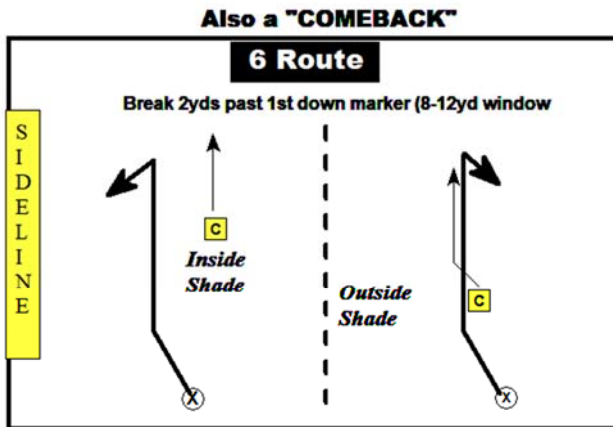
Also a "QUICK"    Also an "ARROW".    Also a "FLAT".    Also a "SCOUT".



The depth on the 4 ROUTE can be anything you want it to be—14, 16, or 18. You are going to push north and south, then break flat, parallel to the line of scrimmage, and burst away from man coverage. Or, if it is zone, as you break across the field, you will find the open zone and sit in it



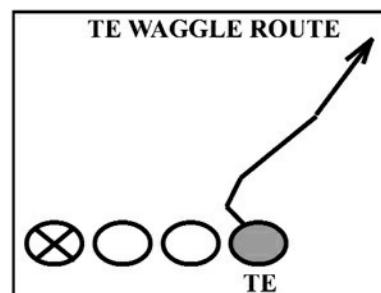
The comeback route (6) is 2yds past the first down marker and breaking back towards the LOS. On GO Pass we run 19 back to 15 and BELLY pass we run 14 back to 12. We want to turn the shoulders of the DB. The QB has to release the ball before the receiver turns around.



## Tight End Routes

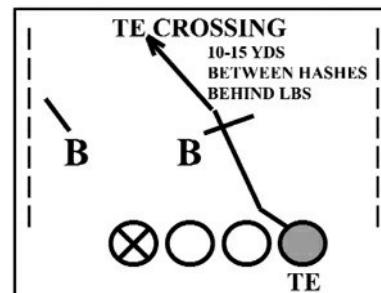
### G.O. (Waggle) Route

On the waggle route the tight end takes an inside or down release to get the defensive end to seal down so the pulling Guard can log him. The TE releases and runs right down the numbers on the field. If the ball is snapped from the left hash and the tight end was into the short side of the field, he will inside release, burst vertically to the numbers, and stretch the defense. We put a cone deep down the field and on the numbers. The tight end has to sprint to the cone.



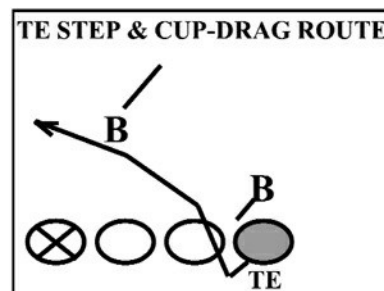
### Crossing Route

You use the crossing route for a tight end when he is on the backside of waggle. He takes an inside release and does not care how he sets it up, because you are not trying to log the backside of the waggle. The tight end takes any kind of release he wants, but he has to release inside. He can combine pull release with fake, down release with fake, swim, or whatever. But, he needs to release inside and get vertically down the field as fast as he can. You would like him to be between the two hash marks. He works to the area somewhere between 10 and 15 yards deep, where he is behind the linebackers. If a free safety is in the middle of those two hash marks, or any safety, or any rotated defensive back in the middle, he breaks it off and stays in the middle of the two hash marks. You do not want him to cross the hash mark and work to the outside of the field. If no safety is in the middle, you tell him to run right down through the middle of the field and be the deep threat. If you throw the ball back, this pass should be a touchdown shot.



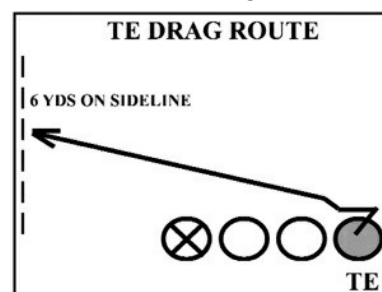
### Step and Cup-Drag Route

This pattern is the backside route of Belly pass for the tight end. He stays in and blocks if there are four rush players coming off the backside. The techniques on step and cup-drag call for the tight end to quickly check if either one of the two linebackers drops. He will step with his inside foot, cup back, and check the inside backer to the outside backer. If they both rush, he must stay in. If either one drops, he can go ahead and run his drag route over the center.



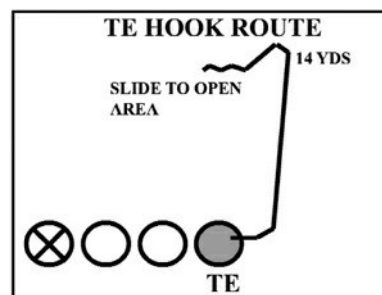
### Drag Route

We run this on 36 Down Pass Y Drag, which fakes down to the tight end side and have him drag back across to the other side. In that particular case, you want the tight end to drag on a shallow route and work for a point six yards deep all the way at the opposite sideline. If the defenders are reacting to play-action, they usually overrun the tight end, and, by the time they realize it, he is wide open in the opposite flat.



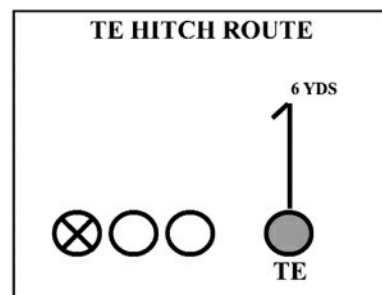
## Hook Route

On the hook route, the tight end is on the backside of a play-action pass. You feel comfortable with releasing the tight end and do not need him to block. On a hook route, you are going to release outside. You will take a pull-step release and get vertical. You burst vertically to a point 14 yards down the field and then hook up. If the ball was snapped from the hash mark, and the tight end was into the short side of the field, you want him to get as wide as the numbers and then hook up and slide to an open area. If you show play-action away from him, he is on the backside for the quarterback and is almost always open.



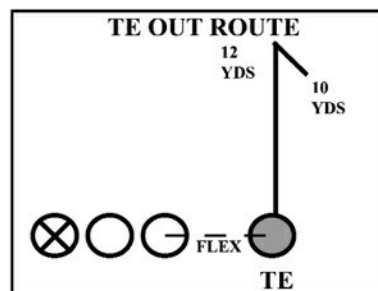
## Hitch Route

He has a lot of hitch routes in the offense, especially if you are running a smash combination. The tight end will basically burst off the line of scrimmage. When he gets to six yards of depth, he just turns and faces his numbers to the quarterback. Other ways exist to coach the hitch, but this way is very simple and direct.



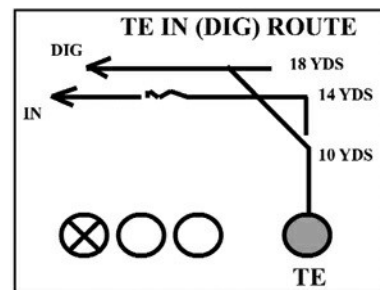
## Out Route

For the tight end, the out route can be run at 12 yards back to 10, if you have a quick tight end. You are going to burst up the field, try to get the corner to turn his shoulders one way or another, and then break back to a point 12 yards deep. As you make this break, you want to lean forward into the cut, accelerate your arms as if you are going to go deep, and then plant and break. He also could run speed outs, where he does not come back to the ball, but simply rounds it off and tries to go full speed through the route. At this point, a lot of out routes are coming back, in the traditional sense.



## In Route

Last, but not least, you teach the tight end an in route. Basically, it is a route anywhere from 14 to 18 yards deep, depending on how it times up with both the speed of your tight end and whatever passing action you're using. In this case, the receiver can go straight down the field and break to the inside. When he gets to his landmark, anywhere from 12 to 18 yards, he breaks flat across the line and is basically running away from any man coverage. As he breaks across, he settles in any hole in the zone he can find. Something similar is called a dig route. At 10 yards, you have the receiver fake to the post, and, then at 18 yards, he breaks back across the field. You get the corner to back up, work to the middle, and then break away from him, creating separation to the inside.





## GENERAL BLOCKING RULES

- 0, 1, 2: Cutoff Alley Player
- 3, 4 Baylor/Counter: Cutoff Alley Player
- 3,4 Belly: Stalk or fade vs zone. Crack vs man.
- 5,6 hole: Stalk block unless man, then fade or crack.
- 7,8 hole: Crack Block -- "You-Me" calls

**WR DRILLS**

**BLOCKING**

### PISTOL WING T BLOCKS

**BLOCK PROGRESSION**

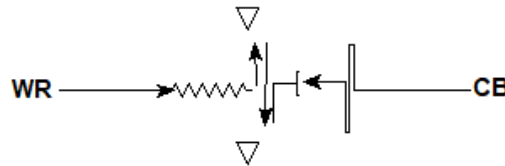
- Start with the fit. Wide feet. Sti back (no lunge). Hands inside shoulder arm pits.
- A = APPROACH:** Give pass look. Try to run DB off, force DB to backpedal.  
Use a weave to get his eyes away from the play
- B = BREAKDOWN:** Read the defender, when he reads run and breaks down WR must be ready to quickly breakdown. WR should be 2-3 yards in front of DB.  
Do not let DB by you, take him where he wants to go.
- C = CONTACT:** is made in the chest between the DB armpits.
- D = DRIVE:** Only drive when contact is made, but do not lunge

**3 WHISTLE**

FIRST: punch both hands into chest of DB on the whistle; SECOND: Punch again on the whistle; THIRD: Punch & Drive the feet on the last whistle.

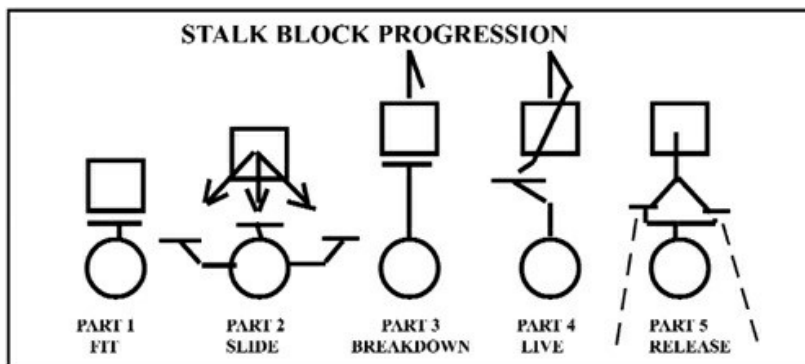
**MIRROR STALK (5&6 holes)**

Sprint at DB. Break down at 5yds.  
Shuffle feet so that you "mirror" the DB,  
then the DB attacks a side.  
Wait and then punch the DB.



**Stalk Block**

This block is used more than anything else in the offense. The first phase is similar to the shoulder skills, in that you simply focus on the fit. The receivers and DB simply lock up with each other. Start with hand shields, then start with WR hands inside.



Next is to teach how to slide feet right and left. The WR and DB three yards apart and the DB has a three-way go with no head fake. The WR squats into a good hit position and slides his feet right or left in order to square up on him.

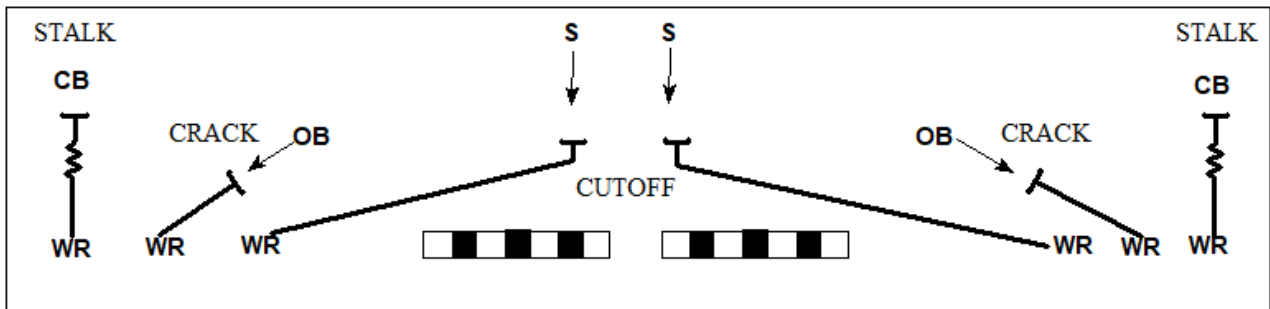
In the third part of the stalk block progression, you have to learn when to break down. The DB takes the hand shield and backpedals while the WR jogs straight ahead. When the DB plants to come forward, the WR breaks down. The WR learns to run the DB all the way to the goal line if the DB never plants to come forward in run support. This would happen in man coverage.

The fourth phase of this progression, which is the live part, is the total combination of the other three and is called go live. The defensive back will backpedal as the spread end comes off the line. When he starts to drive forward, the spread end breaks down, slides his feet and makes the stalk block

The last thing you can do is have two spread ends facing each other. One receiver is simulating the defensive player and uses a release technique when the other receiver tries to block him. You should be able to turn this into a competition and have an especially successful drill.

**CUTOFF BLOCK (1,2,3,4 holes)**

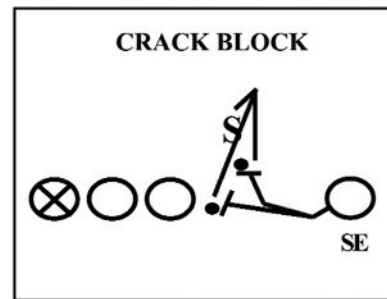
Sprint across field at approx 5yards depth, attempting to get in front of the Safety.  
As safety comes downhill to fill the alley, break down into a shuffle position, setting an illegal basketball screen between the safety and the ball. DO NOT LUNGE FWD with hands.



Replace the bag you hit. Stalk blocker is next CB; CB that got stalked gets in middle (crack block) line; Crack blocker is the next OLB; OLB that got cracked gets in inside line (cutoff block); Cutoff blocker becomes next safety. Once you play safety you get in stalk block line on the opposite side.

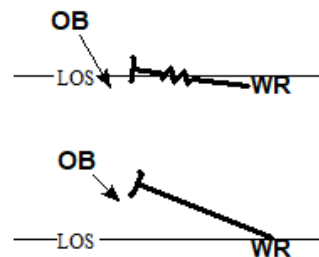
**Crack Block**

When you crack block, you want to take a good pull step to the inside. You want to come flat down the line of scrimmage as far as you can go until you have to start turning up. It depends on how aggressive the strong safety is. If he sees option and comes flying, you might have to go flat all the way down the line of scrimmage to crack him. If he backs off a little first and then starts coming, read steps, freezes, or pauses, by the time you get to a position to block him, you can usually start working up the field on that man. The receiver should always start with a pull step down the line of scrimmage and then adjust to the strong safety from there. When you crack block, you want the head above the waist and the head in front so it is legal.



**CRACK BLOCK (7&8 holes)**

If DB has his back to WR or is on the LOS, then WR has to chop his feet and wait for OLB to turn slightly so that WR can keep his head in front during the crack block. If WR can see the DBs profile, then block him without breaking down, helmet in front of the DB.



## SUMMARY OF RECEIVER TECHNIQUES

ALIGNMENT & STANCE	
MOF	<i>Between Number and Hash</i>
Ball on Hash	<i>Boundary WR on #; Field WR on Hash</i>
Inside Foot Up	<i>Line up with defender in front. ID &amp; Yell out the Coverage</i>
HANDS	
Fingertips	<i>Palm Catches; Fingertip Slap; Around knees, hips, head</i>
Pole	<i>Catch Ball Standing Behind Pole</i>
Clock	<i>Partner Up. Catch ball with hands at 12, 3, 6, and 9 O' Clock</i>
Right At You	<i>Groups of 4. Run at partner, catch ball, yell out # painted on the ball</i>
AGILITIES	
Agility Bags	<i>High Step with Forward Lean; Zig Zag thru Bags</i>
Lines	<i>3-Step Cuts stick foot in ground outside the line. Keep foot under the hip</i>
Cones	<i>6-Cone; 4-Cone; X-Drill; Triangle Cone;</i>
C.O.D.	<i>Carioca spin, FADE; Carioca 90-degree CUT; Carioca COMEBACK</i>
CATCHING	
Ball Security	<i>4-Points of Pressure; Tuck &amp; Cover; Turnaround; Sideline; Gauntlet</i>
2-Line	<i>Straight at you; 1-arm Extend; Ball Behind; Low Ball; Hitch; Speed Out; Fade</i>
Deep Ball	<i>Stationary and Back of End Zone</i>
Toe Tap	<i>On the Sideline</i>
CONCENTRAION	
Distraction	<i>Step In Front of Partner; Behind the Trees</i>
Take A Hit	<i>Run pattern &amp; get hit with hand shield</i>
W.I.N.	<i>Jump Ball Fade and Comeback Fade vs a Corner. Fight for the Ball</i>
RELEASE	
Press Release	<i>Slap, Pin, &amp; Punch; Up &amp; Rip</i>
Cover 2 Release	<i>Attack Outside Shoulder; Slap-Pin-Punch outside or Swipe to release inside</i>
2-Step Release	<i>Short 1<sup>st</sup> step in direction you want to go; 45-degree jab in other direction</i>
TE Releases	<i>Pull; Down; Fake; Swim</i>
PASS ROUTE TREE	
WR Routes	<i>0, 1, 10, 2, 20, 3, 4, 5, 6, 7, 8, 9 routes at full speed</i>
TE Routes	<i>G.O.; Crossing; Step &amp; Cup; Drag; Hitch; Out; In (Dig)</i>
BLOCKING <i>Approach, Breakdown, Contact, Drive</i>	
Stalk	<i>3-Whistle; Mirror Stalk; Fit;</i>
Cutoff	<i>Shield Safety on runs at 1, 2, 3, 4 holes</i>
Crack	<i>Crack Quarters Safety or OLB on runs at 7 and 8 holes</i>