

## WIDE RECEIVER DRILLS AND SKILLS IN UP-TEMPO SYSTEMS



### Introduction

I have been coaching High School Receivers in a 4-wide hurry-up/no-huddle system for several years. I have only known one speed of coaching, and that is as fast as humanly possible. We preach repetition and chaotic speed in drills. Typically during our fall camp, the first day I have fifteen minutes of individual time broke up into five-minute periods. After day one install the individual time decreases, and we eventually turn to four minute periods after our third game. While working through my practice schedules the same questions always surfaced in my head. How can I configure my drills to achieve great emphasis and detail? What do I need to focus on? During a game week what drills “MUST” I work.

This book will give an in-depth look into drills that will lead to better fundamental receiver play through repetitions and drill emphasis. It will walk you through the drills that I have used to graduate Three All-State players and Seven All-Conference players in only four total years at different schools. This book doesn't only benefit the coach, but it gives players an in-depth analysis of elite receiver play and a look at “the-why?” behind the teachings. With skill/drill explanation with overall drill video I will explain and demonstrate how to master the art of receiver play.

### All in Wide Receiver

I outline the characteristics of what it takes to play wide receiver for our program. We go over this in a meeting environment, and we usually hold a welcome meeting right before our spring camp when I have all my athletes from other sports. When we conduct our first meeting I always emphasize being early, how to sit in attention, to look into the coach's eyes while they are speaking, and I try and cover every behavior expectation. Any behavior issues you have during meeting time are mostly your fault if you do not go over proper meeting etiquette. I think it is important to outline the characteristics and what you expect out of you corp. In doing so I came up with our “All In” wide receiver concept. This gives my players a framework for expectations and characteristics that I expect from my players. I take this very seriously, and the

mood when I set the material is very business-like. I laminate a copy, give one to each of my players, and we go over it in detail just what I expect out of each standard.

The three pillars of our “All In” concept our Attitude, Competitiveness, and Leadership. Underneath the umbrella of the three pillars are frameworks for our Wide Receivers to apply. I think it is crucial to outline expectations before you teach any skill. I want to stress that this is our code that we live by as a wide-out on any of my teams.

## **“All IN” Wide Receiver**

### **1. Attitude**

- Have Juice everyday**
- Be accountable**
- Be fun to coach**
- Be relentless in your position**
- Great work ethic**

### **2. Competitiveness**

- Win every rep (games, practices, weights, school, etc.)**
- Compete with yourself**
- Never lose a day of practice**
- Never EVER quit**

### **3. Leadership**

- Hold your team accountable**
- Make your actions speak louder than words**
- Never ridicule, only positive reinforce teammates**
- Step up when adversity strikes**
- HOLD YOURSELF TO A HIGHER STANDARD**

