

SYRACUSE FOOTBALL



WR MANUAL

KEYS TO SUCCESS

- ❑ **COMMON PURPOSE**
- ❑ **TRUST IN ONE ANOTHER**
- ❑ **TEAM EGO**
- ❑ **ACCOUNTABILITY**
- ❑ **BE THE UNCOMMON MAN**
- ❑ **COMPETITIVE GREATNESS**
- ❑ **EXTREME TOUGHNESS**

***"YOU DON'T INHERIT AN ATTITUDE,
YOU CREATE IT!"***

WARM UPS

A football player in a green jersey and orange helmet is running on a field. The jersey has the number 99 and a Nike logo. The helmet has 'WEST' written on it. The player is wearing white pants with a gold belt and white socks. The background is a blurred football field with other players.

- **HIGH KNEES**
- **BUTT KICKS**
- **FRANKENSTEINS**
- **FORWARD/BACKWARDS/SIDE LUNGES**
- **STICKS**
- **A SKIPS**
- **CHARIOCA**

CATCHING THE FOOTBALL



- **FIRST WINDOW**
- **SEE THE NOSE**
- **SOFT HANDS**
- **NO PALMS**
- **SWAY WITH THE CATCH**
- **SECURE THE CATCH**
- **HIGH BALL/LOW BALL**

STANCE (SOFT CORNER)

- **BASE (FEET JUST OUTSIDE SHOULDERS)**
- **STAGGERED FEET**
- **BENT KNEES (FRONT LOADED BUT BALANCED)**
- **FORWARD LEAN**
- **EYES UP**
- **SHOULDERS SQUARE TO LOS**
- **RELAXED**
- **KNEE OVER TOE, CHEST OVER KNEE!**
- **CONSISTENCY!**

START

- **EXPLOSION OUT OF STANCE**
- **DRIVE OFF OF BOTH FEET**
- **LOW PADS THROUGH THREE STEPS**
- **ROLL OVER BIG TOE (NO FALSE STEPS)**
- **ARM DRIVE**
- **GAIN GROUND**
- **ATTACK, ATTACK, ATTACK!**

STANCE VS PRESS

The background image shows two football players in a press stance on a field. The player on the left is wearing a blue jersey with the number 2 on the back. The player on the right is wearing a white jersey with the number 2 on the front and orange pants. Both players are in a three-point stance, ready for the play to start.

- **NARROW BASE**
- **BALANCED BASE**
- **LOW CENTER OF GRAVITY**
- **EYES UP**
- **READY TO FIGHT!**

RELEASES VS PRESS

A football player in a blue jersey with the number 0, wearing a helmet and gloves, running on a field. The background is blurred, showing other players and the field.

- ***SPEED RELEASE***
- ***SINGLE MOVE***
- ***DOUBLE MOVE***
- ***READ STEPS (FISH HOOK)***
- ***SQUIRT***

TECHNIQUES VS PRESS

A photograph of a football game. In the foreground, a player in a white jersey with the number 20 is jumping high, reaching for a football. He is wearing a white helmet with an orange 'S' logo. To his left, a player in a maroon jersey with the number 3 is running. The background shows a green field and a blurred crowd.

- **TIGHT SWIM**
- **RIP**
- **WASH**
- **SLAM AND GO**
- **SQUIRT**
- **5X5**

TRANSITION PHASE

A football player in a blue jersey and orange helmet is running with the ball. The player is wearing a blue jersey with the number 81 and orange pants with the number 5. The helmet is orange with a white face mask and the ACC logo. The player is holding the ball in his right hand and looking forward. The background is a blurred stadium.

- ***TRIANGLE SQUARE (HEAD & SHOULDERS)***
- ***EYES THROUGH THE DEFENDER***

DECELERATION PHASE

A football player in a white jersey and helmet, running with the ball during a game. The player is wearing a white helmet with a face mask and a white jersey with orange and red stripes on the sleeves. The background is a blurred crowd of spectators.

- **EYES THROUGH THE DEFENDER**
- **ARMS WORK WITH THE FEET (FAST ARMS)**
- **TIGHT ELBOWS (COMPACT AND LOADED)**
- **SNAP HIPS DOWN (VIOLENT)**
- **HEAD OVER TOES, CHEST OVER THIGHS**
- **STAGGERED FEET WITHIN THE CONTEXT OF THE BODY (PUNCH STEP)**
- **EXPLODE OUT OF THE BREAK!**

DEEP BALL



- **STACK THE DEFENDER (KEEP BOX)**
- **BEAT DB WITH SPEED, HOLD OFF WITH LEVERAGE**
- **FAST ARMS (EXAGGERATE)**
- **LATE EYES, LATE HANDS**
- **CATCH IT HIGH OVER THE OUTSIDE SHOULDER**
- **RUN THROUGH THE CATCH**

STALK BLOCKING

A photograph of a football game. In the foreground, a player in a white jersey with orange accents is running with the ball, being tackled from behind by a player in a red jersey with the number 21. Another player in a white jersey is also visible, blocking the red jersey player. The background shows a blurred crowd in the stands.

- **BASE**
- **SQUARE**
- **SHORT STEPS**
- **4 PT EXPLOSION**
- **6 PT EXPLOSION**
- **MIRROR DRILLS**
- **OUR OPPORTUNITY TO HIT THEM (SET THE TONE)**
- **SPRING TOUCHDOWNS!**