



WR FUNDAMENTALS

COACH ACOSTA

COACH TARDY

# WR FUNDAMENTALS

- MUST BE ABLE TO BLOCK (SIGNS OF TOUGHNESS)
- MUST BE ABLE TO GET OPEN (GET OPEN LATE, RUN GREAT RTS, SEPARATE)
- MUST BE ABLE CATCH THE BALL AND PUNCTURE

# RECEIVER IDENTITY

1. **Toughness – Mentally / Physically**
2. **Energy and Enthusiasm**
3. **Confidence and Swagger**
4. **Pride**
5. **Production**
6. **Detail: Attention to Detail**

# EXPECTATIONS FOR THE POSITION

1. **Great Blockers**
2. **Ball Security**
3. **Catch the Football**
4. **Accountability and Trust**
5. **Fundamentals**
6. **Knowledge Football IQ**



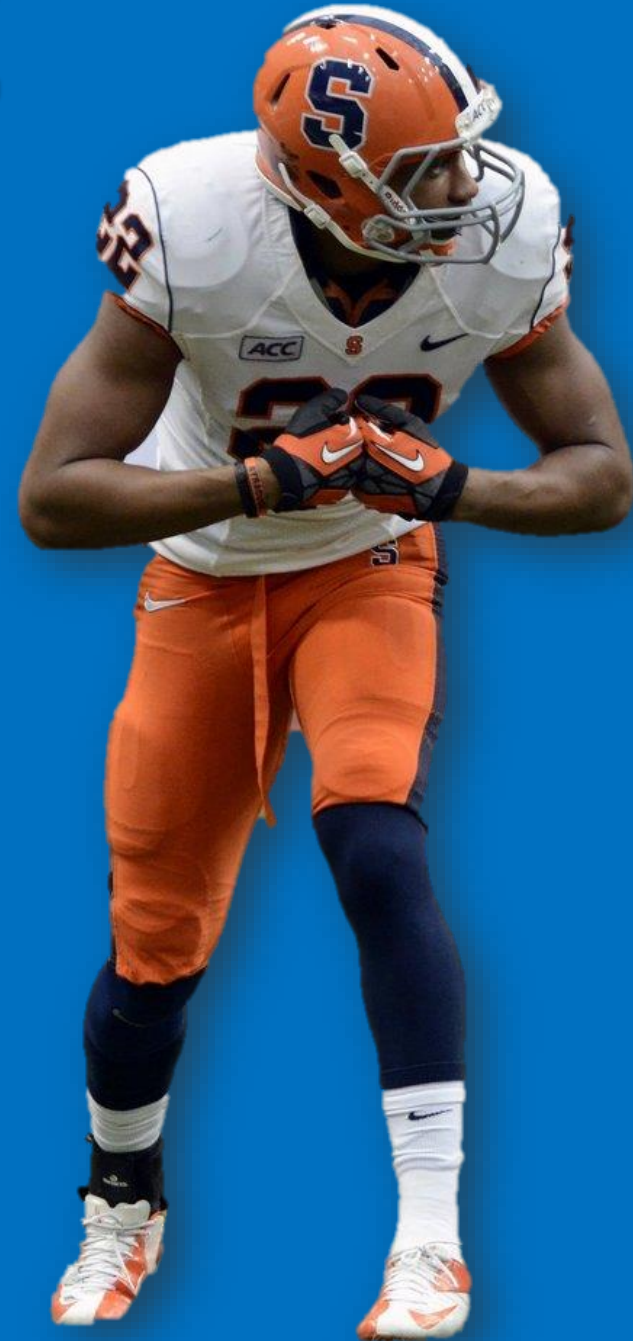
# DAILY CHECK LIST / EVERY DAYS

1. **Stance & Starts**
2. **Releases (1<sup>st</sup> level / 2<sup>nd</sup> level)**
3. **Ball Skills**
4. **Route Running / Technique**
5. **Ball Security**
6. **Blocking**

# 1. STANCE

# STANCE

- ▶ Be in an Explosive Stance
- ▶ Reduce Target (Surface Jam Area)
- ▶ Be able to both attack and react
- ▶ Hands always up



# 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!





# STANCE VS PRESS

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



# 2. RELEASES

# RELEASING VS. PRESS COVERAGE

- Study your opponent during the week vs different releases and routes
- Stance must be balanced up, like a BOXER
- Must be more aggressive and use hands and feet to win
- Read the defenders body language
- Give yourself space to win (alignment)
- Get your eyes on the target (arms and hands, not his body)

# **FIRST STEP (Check Step)**

- **1<sup>st</sup> Step is determined by the alignment and the aggressiveness of the defender**
- **Aggressive Corner: Parallel Step, This will help us establish a 2 way go**
- **Passive Corner: Attack, Attack, Attack**
- **WR struggle against press because of poor footwork and hand placement**
- **Hands and feet must work together**
- **Mentality of the WR: Must Beat Press Everyday**

# WR FUNDAMENTALS

## RELEASES

(PROTECT YOUR RELEASES IN THE RUN GAME)

- **SPEED RELEASE**
- **SINGLE MOVE**
- **DOUBLE MOVE**
- **READ STEPS**
- **DIAMOND RELEASE**





# SPEED RELEASE

## SPEED RELEASE



# SINGLE RELEASE



# DOUBLE JAB RELEASE

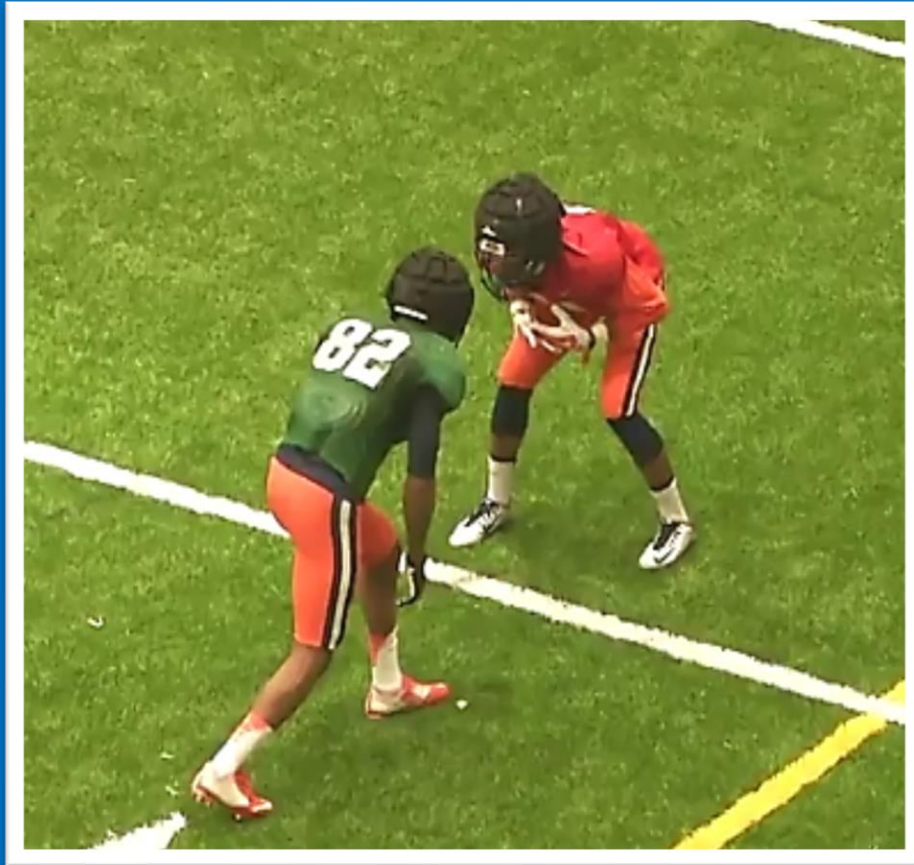




# DIAMOND RELEASE



# FOOT FIRE





# WR FUNDAMENTALS

## HANDS RELEASES (PROTECT YOUR RELEASES IN THE RUN GAME)

- TIGHT SWIM
- RIP
- WASH
- SLAM AND GO



# RELEASE DRILL

## PURPOSE:

- ❖ Arch: Work release, staying compact
- ❖ Pop Ups: Athlete will release and grab grass

TEMPO: Slow to fast

## ORGANIZATION/SET-UP:

- Two arches behind the line
- Two pop ups
- Balls to finish the drill

## COACHING POINTS:

1. Roll over the foot
2. Set the angle of departure
3. Set your eyes on the defenders chest
4. Finish



# RELEASE DRILL

**PURPOSE:** To enhance the athlete skill level to beat man press

**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- Line up on the white line'
- On the Go, Release the Coaches
- Two coaches with crayons

**COACHING POINTS:**

1. Be aggressive
2. Take away chest
3. Take away shoulder
4. Foot Fire
5. Be aggressive with hands



# RELEASE DRILL

**PURPOSE:** To teach athlete to lower shoulder to limit hitting surface

**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- Two sides to increase reps
- Two crayons
- Can have a ball on top
- Athlete jogs back and switches sides

**COACHING POINTS:**

1. Set the angle of departure
2. Attach the coach
3. Grab grass and rip up thru the facemask
4. Stack the coach





# RELEASE DRILL

**PURPOSE:** To teach athlete to step on the toes of the DB so they can release

**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- Two sides to increase reps
- Two crayons sets
- Can have a ball on top
- Athlete jogs back and switches sides

**COACHING POINTS:**

1. On the GO, foot fire
2. Fast hands and feet
3. Eyes in the chest
4. Hit Opposite
5. On the Go, Release the Coach
6. Stack the defender





# RELEASE DANCE

**PURPOSE:** Teach proper hand releases, hand over and rip tech

**TEMPO:** Full Speed, Foot Fire

## **ORGANIZATION/SET-UP**

- Athlete foot fires and when the noodle is flashed, he will use a hand over or rip technique
- The coach will give a go call when he wants the athlete to release
- The athlete must stack the coach when he releases

## **COACHING POINTS**

1. Hand over, and rip are the two hand release we use
2. Keep the hands and arms tight. Everything is worked in the frame work of the body
3. Protect your chest
4. Balance up the stance, like a boxer
5. Have hands in a ready hitting position



# SIFT THRU / ANGLE

**PURPOSE:** Release 2<sup>nd</sup> level, sifting the hand thru coverage

**TEMPO:** Warmup Drill, Stride Tempo

## **ORGANIZATION/SET-UP**

- Noodle, arm pads, ETC
- One line, athlete will stride and sift the arm

## **COACHING POINTS**

1. Sift the arm and take the shoulder away
2. Keep the technique tight
3. Arm over, rip thru techniques



# COMP RELEASE DRILL

**PURPOSE:** Use all releases taught in a competitive drill with teammates

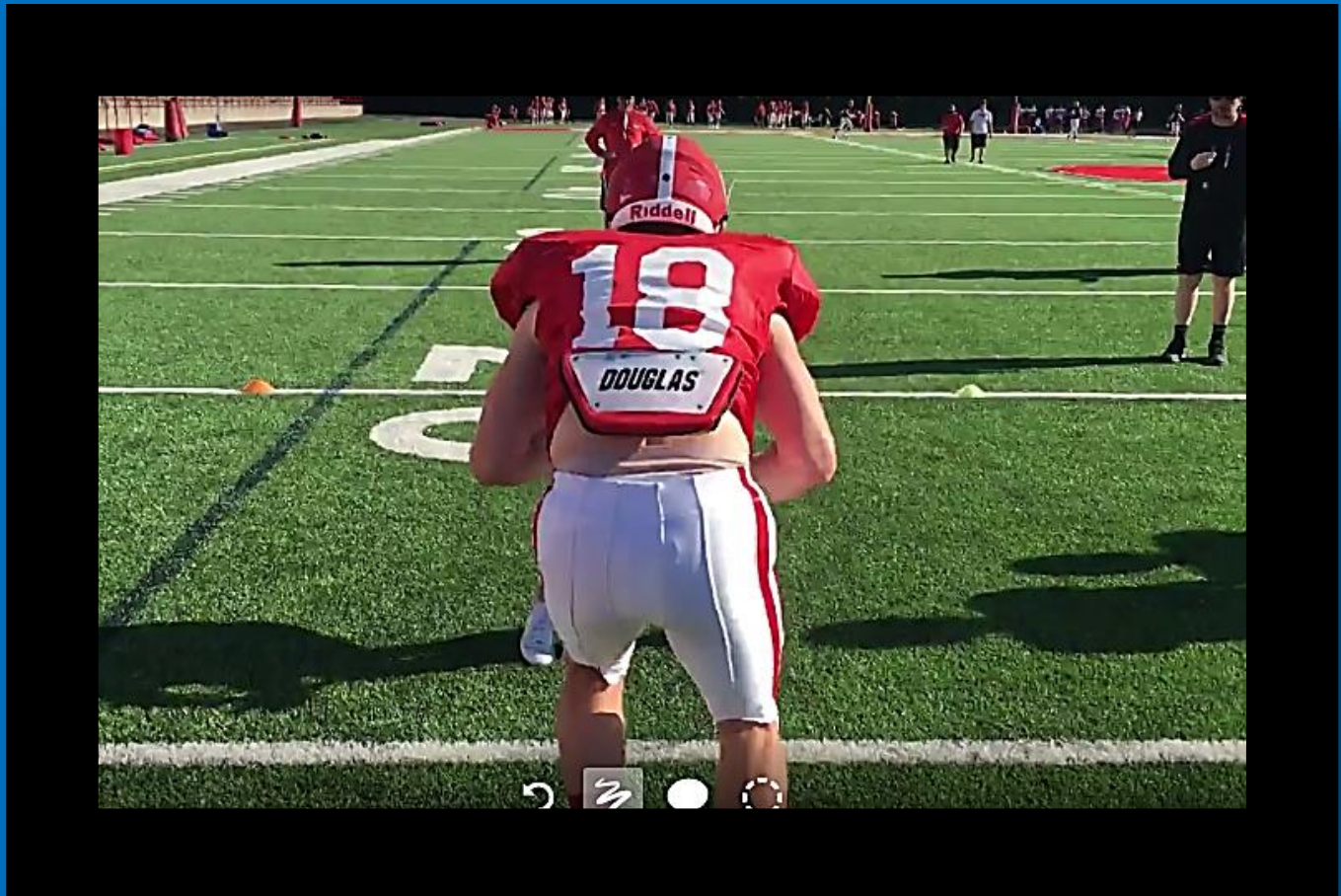
**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- 4 Cones (5/5)
- Two Sides
- Coaches provide the enthusiasm
- As many reps as possible

**COACHING POINTS:**

1. Emphasize ATTACK, ATTACK
2. Get the shoulder thru
3. Finish +3
4. Coach it off the tape





# 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!**



# WR TAKE OFF



## PURPOSE:

- Film the WR from the field level side lines to check for WR's take off. CANT BE LATE OFF THE BALL

## COACHING POINTS:

- Must be explosive out of the stance
- WR explodes out of the stance by the movement of the center's hand
- Eyes go from the ball and then into the defenders chest
- Find the optimal body angle where the athlete is most explosive

## WR PROCEDURE:

- Drill everyday and have athletes watch the take off tape
- Tape both off and press corner
- WR will break the huddle. He will scan the Safeties for coverage and then check the leverage and tech the corner is playing. Then he will lock on the ball....

# START DRILL

**PURPOSE:** Teach drive phase and proper take off angles.

**TEMPO:** Full Speed for three steps

## **ORGANIZATION/SET-UP**

- Hurdles
- Stance and release procedures
- Athlete will drive hard for 3 steps

## **COACHING POINTS**

1. Roll over the front foot and drive the back leg over the hurdle
2. Maintain the proper angles with the body
3. Ear to hip, hip to knee, and knee to ankle
4. Don't be late off the ball
5. Arms must be in a 90 degree angle





# MED BALL DRILLS

**PURPOSE:** Teach how to explode out of your stance

**TEMPO:** Game Speed

**ORGANIZATION/SET-UP:**

- 6 to 7 Med Balls
- Cones
- Next person in the line rolls ball back

**COACHING POINTS:**

1. Majority of the weight on the up foot
2. Angles in the knees and ankles
3. Roll over the front foot and push off the back foot
4. Arms tight and explode the med ball down the field



# 3. CATCHING

# CATCHING THE FOOTBALL

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



# CATCHING THE FOOTBALL

- SEE THE TIP AND CATCH THE FAT OF THE FOOTBALL
- HIGH, BALL, LOW BALL
- ARMS PLACEMENT
- PIN THE SHOULDER BACK





# CATCHING THE FOOTBALL

- Track the ball off the QB hand
- Have the arms in a catching reading position.
- Basic catch fundamentals

## Coaching Points:

- Hands above the navel
- Track the ball with your chin or nose.
- Take a Pic of the Ball to the TUCK



# CATCHING THE FOOTBALL

- 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





# CATCHING THE FOOTBALL

- INCREASE BALL SKILLS
- 100 BALLS A DAY
  
- PRE PRACTICE
- PERFECT DRILL
- RTS ON AIR, 1 ON 1, 7 ON 7, TEAM
- SPECIAL TEAMS (ALL WR'S PUNT RETURN OR SCOUT RETURNERS)
- AFTER PRACTICE JUGS AND CORE
  
- DRILLS TO INCREASE HAND TO EYE COORD
- TENNIS BALL CIRCUIT
- CARD THROW
- MIDGET FOOTBALLS
- FISBY CIRCUIT
- HAND EXERCISES



# BACK DRILL

**PURPOSE:** Develop Eye to hand coordination and enhance ball skills

**TEMPO:** Warmup Drill

## **ORGANIZATION/SET-UP**

- Two balls and cones
- Pre-practice Drills
- All angles, 10 reps each side
- Have athlete feed the ball to a teammate

## **COACHING POINTS**

1. Fast hands and tight elbow
2. Ball skills tech
3. Over emphasize the catch





# TOP OF ROUTE DRILL

**PURPOSE:** Develop hand-eye coordination with an emphasis on the body control

**TEMPO:** Full speed

## **ORGANIZATION/SET-UP**

- 1-2 Cones
- Cones 2 yards apart
- QB to throw

## **COACHING POINTS**

1. Fast hands and tight elbows
2. Great body position an balance
3. Over emphasize the catch



# CURL / COMEBACK DRILL

**PURPOSE:** Develop hand-eye coordination with route work and enhance ball skills

**TEMPO:** Half to  $\frac{3}{4}$  speed

## **ORGANIZATION/SET-UP**

- 1 ball and 4 cones
- QB to throw

## **COACHING POINTS**

1. Good stance w/o false step
2. Great body position in & out of breaks
3. Progressive step in the next direction
4. Eyes to ball & over emphasize the catch



# Catch & Ball Security

**PURPOSE:** Develop Eye to hand coordination and ball security!

**TEMPO:** Slow to Fast

## **ORGANIZATION/SET-UP**

- 1 Ball and 2 Cones
- Pre-practice Drills

## **COACHING POINTS**

1. See the ball
2. Fast hands and tight elbows
3. High and Tight



# Wipe & Catch

**PURPOSE:** Focusing on keeping the defender off & hand-eye coordination!

**TEMPO:** Half Speed

## **ORGANIZATION/SET-UP**

- 1 Ball, defender, and QB

## **COACHING POINTS**

1. See the ball
2. Keep Wiping
3. High and Tight
4. Attack the ball and snatch away!





# Static Back Shoulder Catching

**PURPOSE:** Hand-eye coordination and ball adjustment!

**TEMPO:** Static

## **ORGANIZATION/SET-UP**

- 1 Ball
- QB

## **COACHING POINTS**

1. Staggered stance with arms pumping
2. See the ball
3. Attack the ball
4. Secure



# Footwork Drills (Ladder)

**PURPOSE:** Good footwork through the ladder and securing the catch after!

**TEMPO:** Full Speed

## **ORGANIZATION/SET-UP**

- Ladder
- QB and ball

## **COACHING POINTS**

1. Eyes up & high knees
2. Great arm drive
3. See the ball
4. Attack the ball and secure



# Box Drill

**PURPOSE:** Develop hand-eye coordination with route work and enhance ball skills

**TEMPO:** Half - Full Speed

## **ORGANIZATION/SET-UP**

- 1 Ball
- 4 Cones

## **COACHING POINTS**

1. Good stance w/o false step
2. Great body position in & out of breaks
3. Progressive step in the next direction
4. Eyes to ball & over emphasize the catch



# 4. ROUTE RUNNING



**FADE**

**COMPLETED 33-35  
YARDS DOWN FIELD  
KEEP BOX**





# HITCH

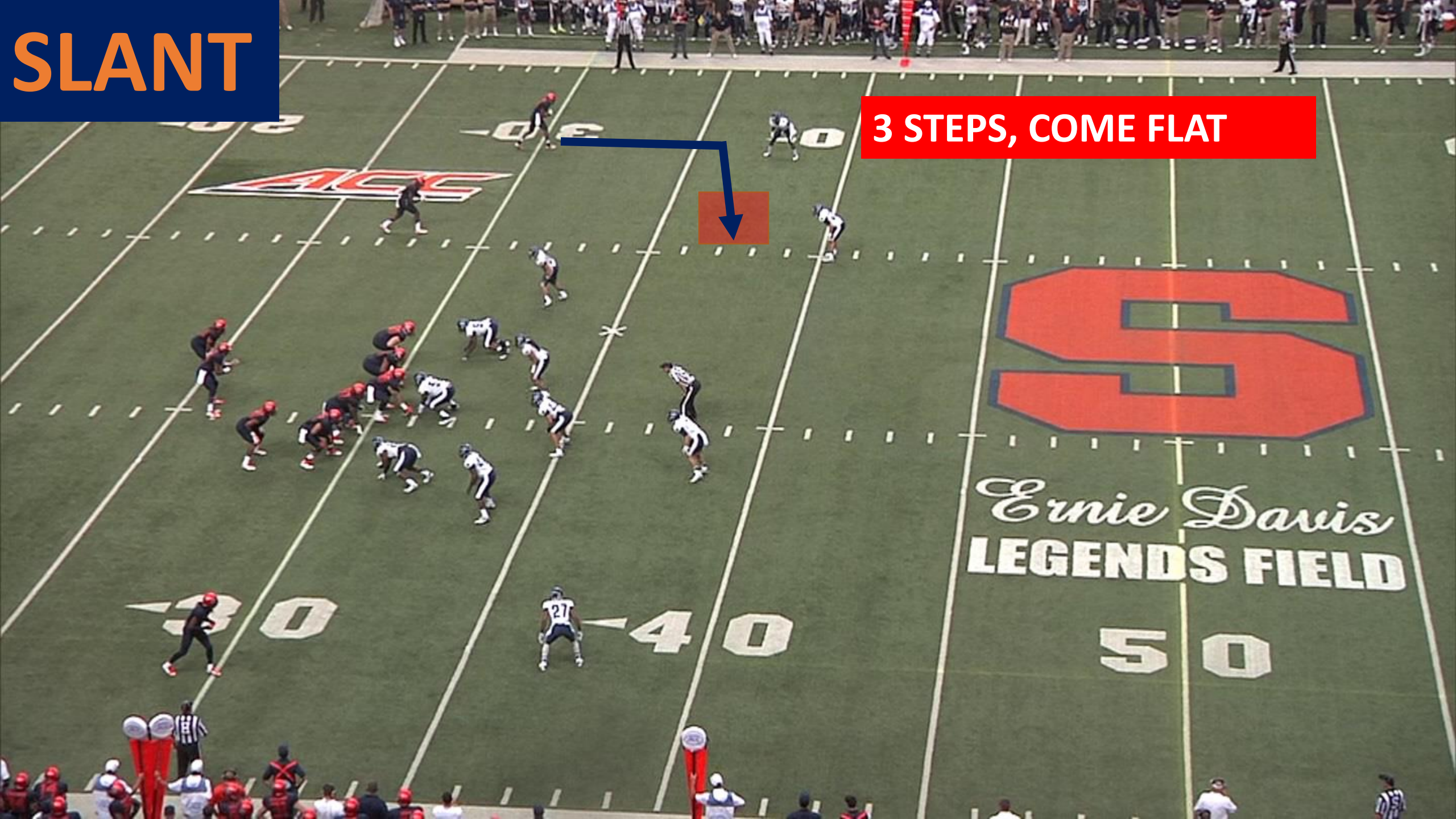
6 YARDS, TARGET IS OUTSIDE SHOULDER





# SLANT

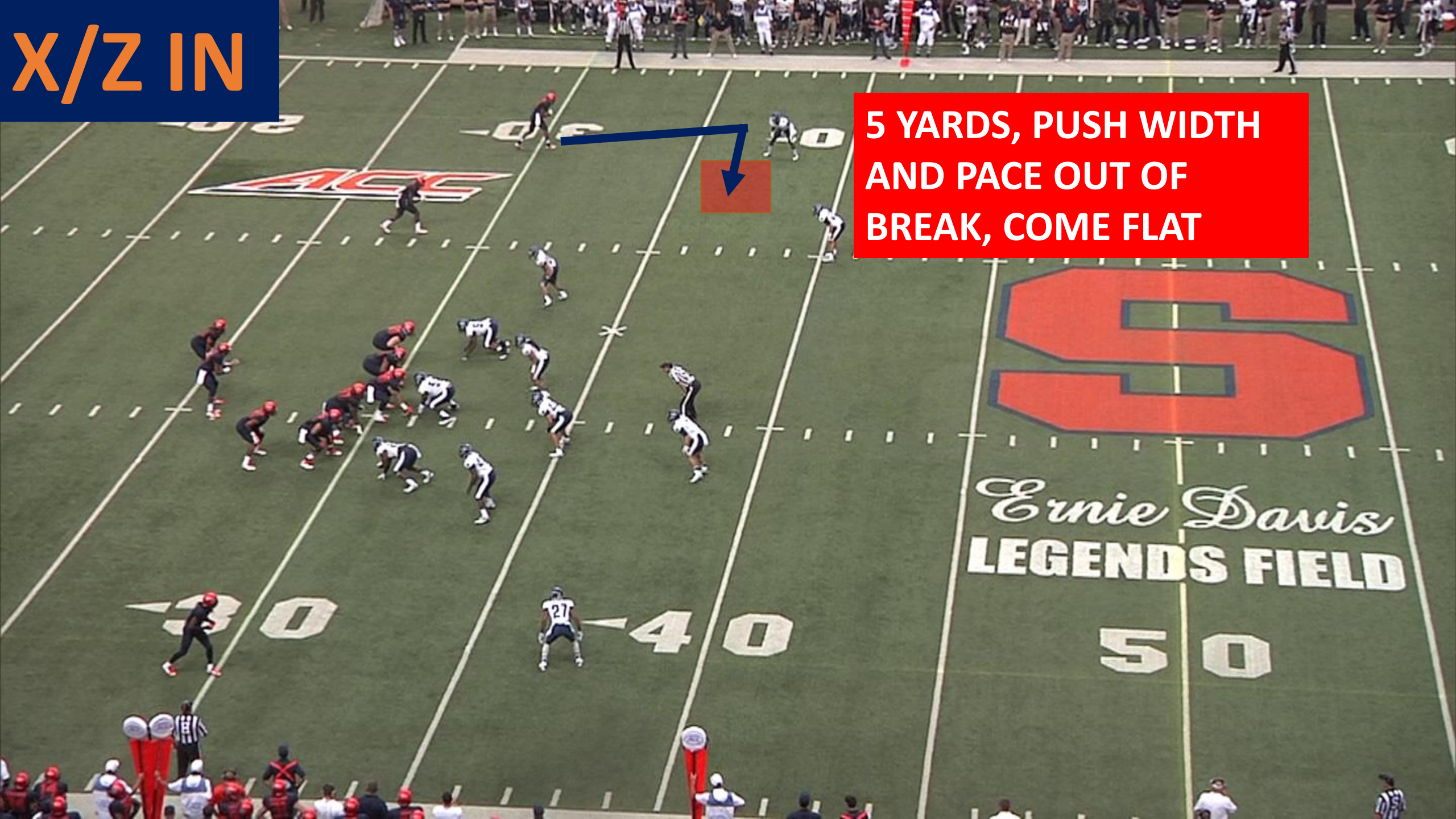
3 STEPS, COME FLAT





X/Z IN

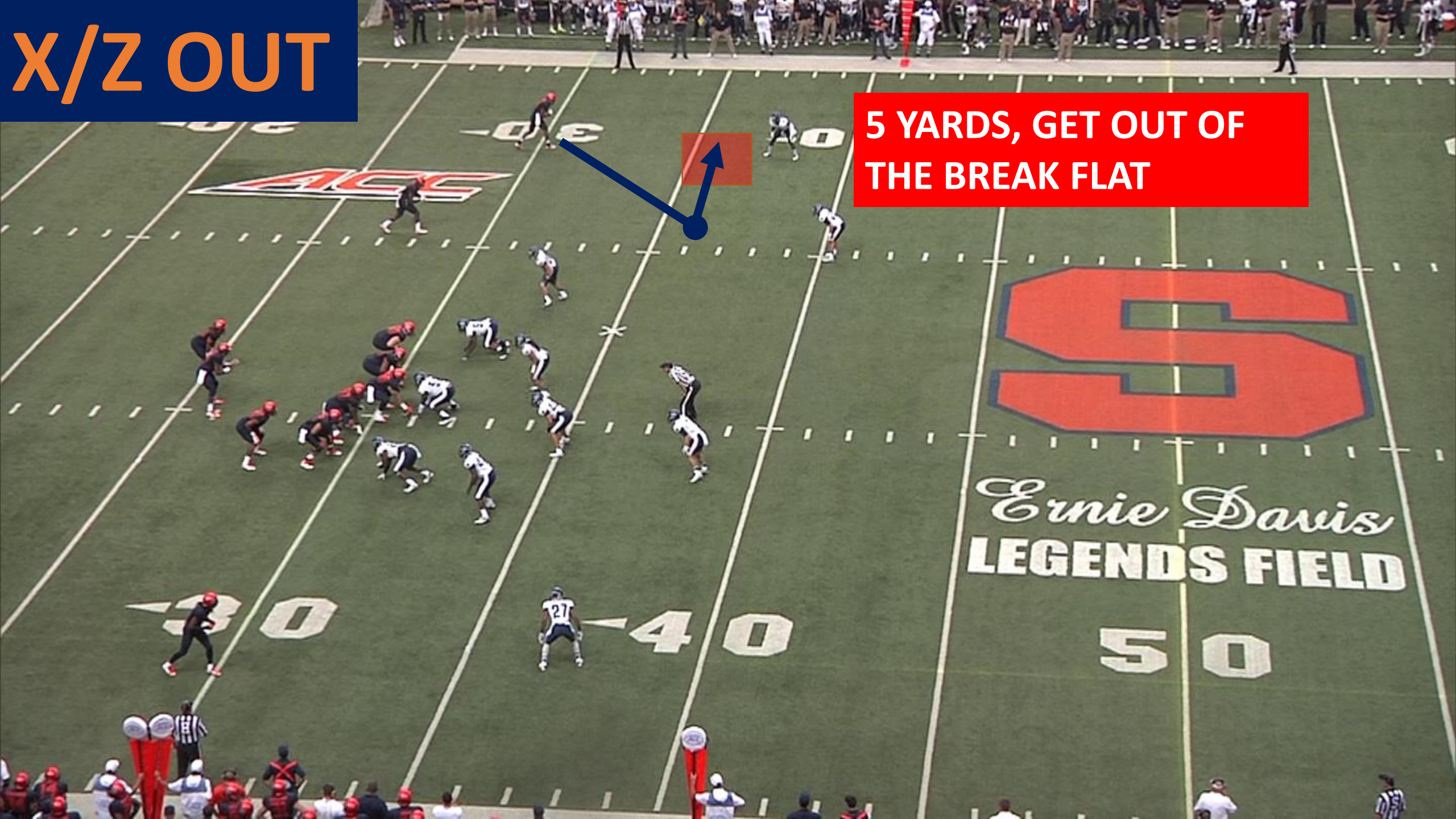
5 YARDS, PUSH WIDTH  
AND PACE OUT OF  
BREAK, COME FLAT





X/Z OUT

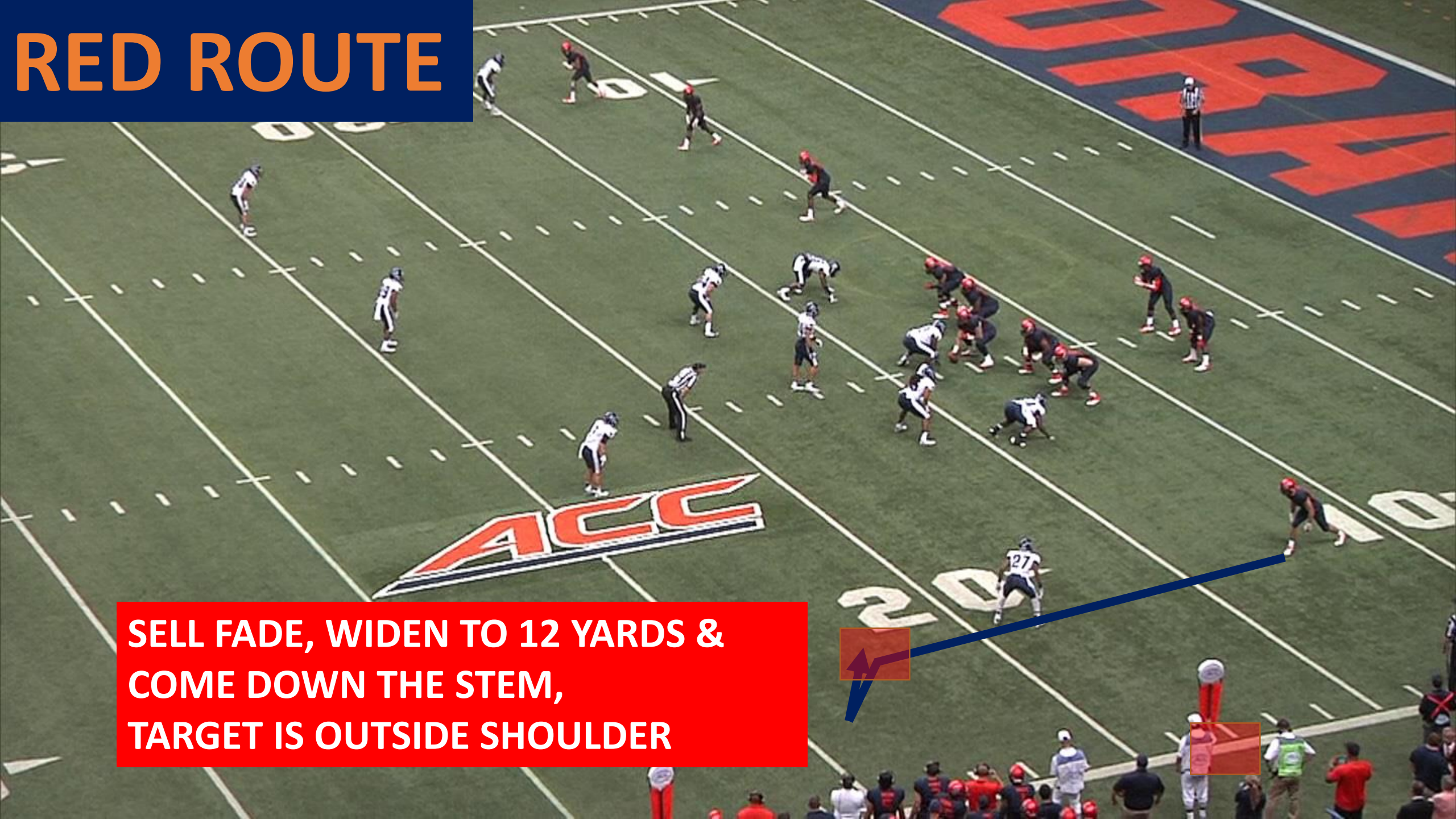
5 YARDS, GET OUT OF THE BREAK FLAT





# RED ROUTE

**SELL FADE, WIDEN TO 12 YARDS &  
COME DOWN THE STEM,  
TARGET IS OUTSIDE SHOULDER**





**SHAKE**



**COMPLETED 30-33  
YARDS DOWN FIELD  
KEEP BOX**





**POST**

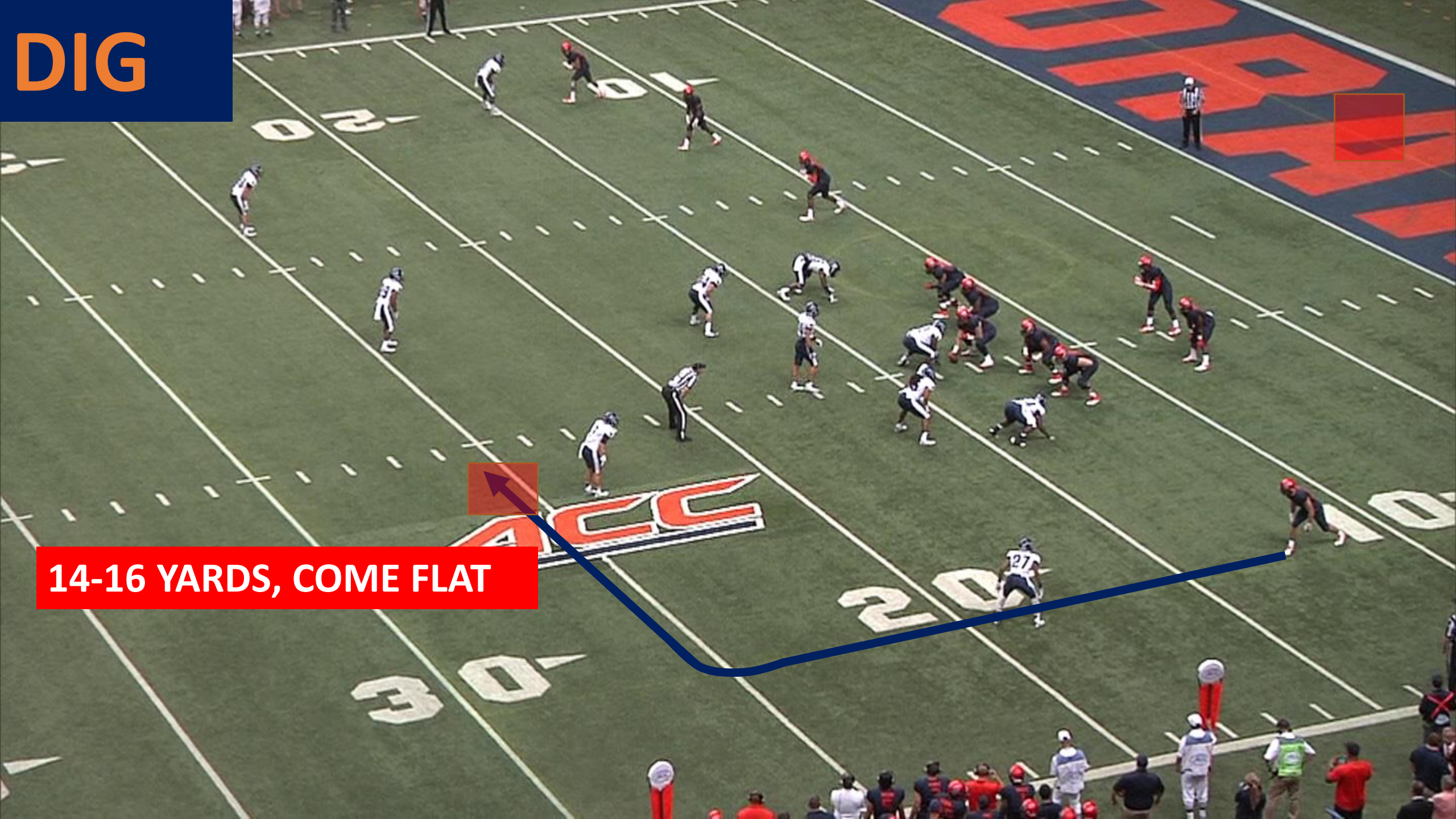
**18 YARD POST AIMED  
AT THE NEAR UPRIGHT,  
RECEPTION AREA IS  
OUTSIDE OF THE HASH**





**DIG**

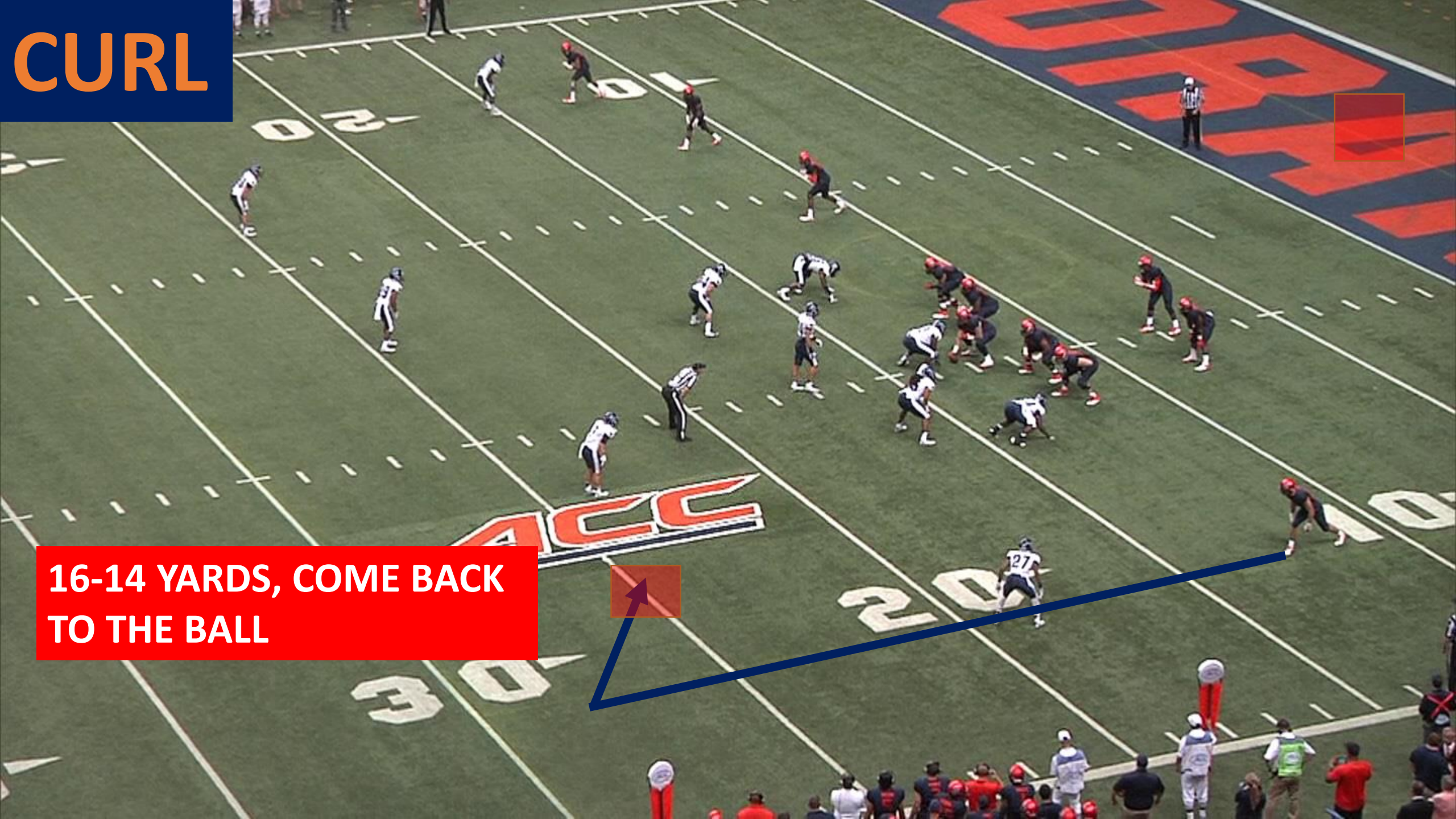
**14-16 YARDS, COME FLAT**





# CURL

16-14 YARDS, COME BACK  
TO THE BALL





# COMEBACK

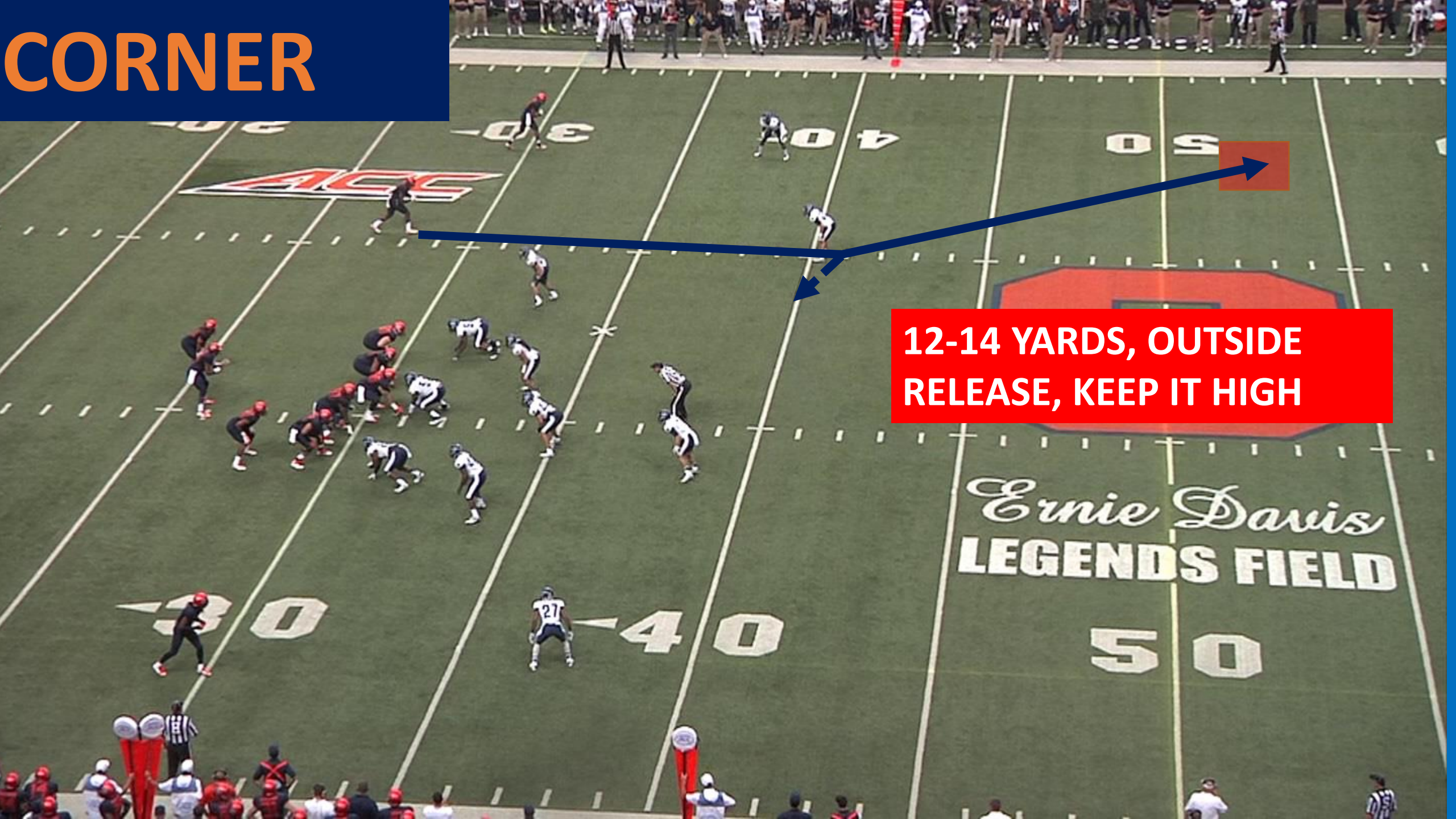


**18-16 YARDS, HOLD THE  
RED LINE ON THE STEM,  
COME BACK TO THE BALL**

*Ernie Davis*  
**LEGENDS FIELD**



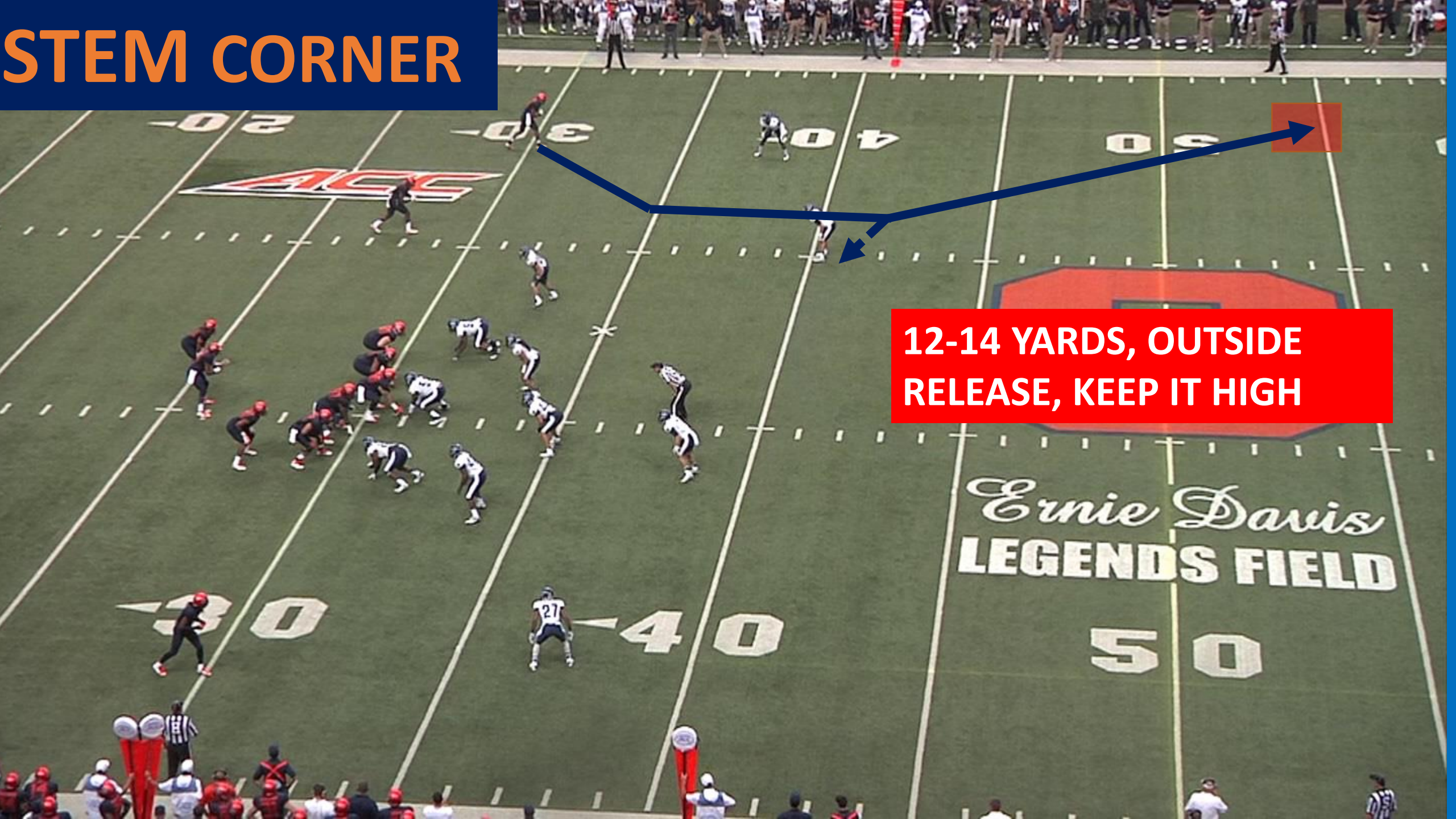
# CORNER



**12-14 YARDS, OUTSIDE  
RELEASE, KEEP IT HIGH**



# STEM CORNER



**12-14 YARDS, OUTSIDE  
RELEASE, KEEP IT HIGH**

*Ernie Davis*  
**LEGENDS FIELD**

# **5. BALL SECURITY**



# BALL SECURITY

- When securing the ball, receivers want to have five points of pressure
  1. The claw
  2. The forearm
  3. The crease of the elbow
  4. The bicep and the chest.
  5. The receiver's elbow should be tight to the rib cage with the nose of the ball pointed to the sky so we have "high and tight ball" security.



# BALL SECURITY CIRCUIT

**PURPOSE:** Put the athlete in an compromising Position so he can focus on ball security

**TEMPO:** Slow to fast

## **ORGANIZATION/SET-UP:**

- 5 Mats
- Every athlete has a ball
- One straight line right hand first
- Keep the mats clean

## **COACHING POINTS:**

1. High and Tight
2. +3
3. Keep Mats clean
4. Finish thru the cone placed 5 yards away
5. Carry the ball one way all the time  
HIGH and TIGHT





# BALL SECURITY CIRCUIT

WE HOLD THE BALL ONE WAY IN THIS PROGRAM



# 6. BLOCKING

# BLOCKING





# BLOCKING

