

DRILL ABOVE THE NUMBERS



SKILL

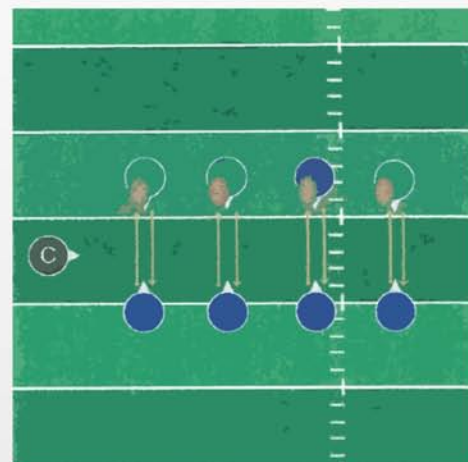
CATCHING

EQUIPMENT

FOOTBALLS

OBJECTIVE OF THE DRILL

TO TEACH PLAYERS THE PROPER FUNDAMENTALS FOR CATCHING THE FOOTBALL ABOVE THE NUMBERS



SETUP AND EXECUTION

1. DIVIDE PLAYERS UP INTO EVEN NUMBERS AND SPLIT THEM UP WITH A COACH
2. HAVE PLAYERS FACE EACH OTHER FIVE TO TEN YARDS APART

3. ONE LINE OF A PLAYERS WILL HAVE FOOTBALL, THE OTHER LINE WILL RECEIVE THE PASS
4. RECEIVER THEN BECOMES PASSER AND THROWS BACK TO THEIR PARTNER

COACHING POINTS

1. IDEAL RATIO SHOULD BE SIX PLAYERS TO ONE COACH
2. HAVE PASSER THROW THE BALL AT VARIOUS PLACE AT OR ABOVE THE NUMBERS
3. ENSURE THAT RECEIVERS HAVE THEIR HANDS TOGETHER WITH THEIR THUMBS TOUCHING, WHILE KEEPING PALMS UP, REACHING OUT FOR THE BALL

4. SECURE FOOTBALL IN HANDS AND HEAD UP FIELD