

DRILL OVER THE SHOULDER DRILL



SKILL

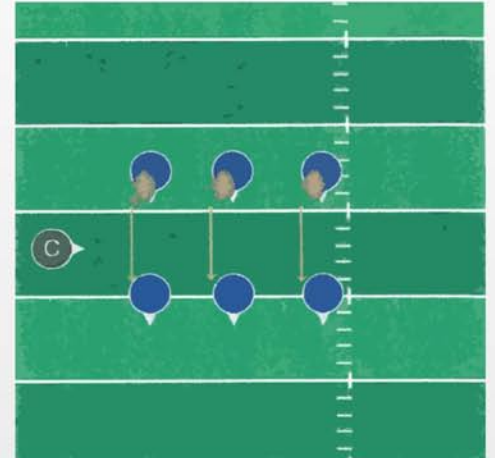
CATCHING

EQUIPMENT

FOOTBALLS

OBJECTIVE OF THE DRILL

TO TEACH PLAYERS THE FUNDAMENTALS FOR CATCHING PASSES OVER THE SHOULDER



SETUP AND EXECUTION

1. DIVIDE PLAYERS UP INTO EVEN NUMBERS AND SPLIT THEM UP WITH A COACH
2. HAVE PLAYERS FACE EACH OTHER ABOUT FIVE TO TEN YARDS APARTS
3. ONE LINE OF PLAYERS HOLDS THE FOOTBALL, WHILE PLAYERS IN OTHER LINE TURN THEIR BACK TO THEIR PARTNERS

4. RECEIVERS THEN BECOMES PASSER AND THROWS BACK TO THEIR PARTNER
5. HAVE PASSER THROW BALL OVER EACH SHOULDER

COACHING POINTS

1. IDEAL RATIO SHOULD BE SIX PLAYERS TO ONE COACH
2. HAVE PASSER THROW THE BALL OVER THE PARTNER'S SHOULDER
3. ENSURE THAT RECEIVERS HAVE THEIR HANDS TOGETHER WITH THEIR LITTLE FINGERS TOUCHING, WHILE KEEPING PALMS UP AND FINGERS SPREAD

4. RECEIVERS THEN BECOMES PASSER AND THROW BACK TO THEIR PARTNER
5. HAVE PASSER THROW BALL OVER EACH SHOULDER