WIDE RECEIVER DRILLS
WIDE RECEIVER DRILL ORGANIZATION
WIDE RECEIVER
DRILLS ORGANIZATION

WR Pre-Practice drills
- Alignments and formations
- Splits and spacing
- Motions
- Individual route teaching concepts
- Agilities and warm-up drills
- Jugs machine and ball-handling drills

WR Ball drills
- 1. Ball-Handling drills
- 2. Jugs with breaks
- 3. Partner catch with feet buzzing
- 4. Thru Its
- 5. High ball
- 6. Low bal
- 7. Ball in Pocket
- 8. Ball behind
- 9. Turn and locate
- 10. Fade and adjust
- 11. 45/90 degree to ball
- 12. Centerfield drill
- 13. Distraction
- 14. Hard to head
- 15. Back shoulder
- 16. Tight rope sideline
- 17. Sideline foot drag
- 18. Dive and catch on knees
- 20. Elevator
- 21. Catch on the line (dig)
- 22. End routes
- 23. One hand catch
- 24. Catch and hit with bag
- 25. Goal Post Catch
- 26. Head Whip Catch

WR Agility drills
- Stick DTL (both legs)
- Hip warm-up
- Z-DRILL
- 5-10-5 Shuttle (summer camp)

WR Stance and start drills
- Stance on air (both feet)
- Stance and start DTL
- Slant burst
- Stance and start with ball key
- Chase drill
- 20. Elevator
- WR Release drills
- Bags
- Partner releases (hand fights)
- Hoops
# WIDE RECEIVER DRILL ORGANIZATION

## WR Blocking progression drills
- Stalk fit/Cut block fit
- Stalk fit and drive
- Mirror stalk fit
- Open field (3 steps) stalk (5 and 10 yards)
- Open field stalk at 45 degree
- MDM (most dangerous man)
- Shuffle, punch, and drive
- Live stalk with DB’s
- Screen drill
- Crack drill
- Sled

## WR Ball security drills
1. Blaster
2. Catch and rip
3. High and tight (strip drill)
4. High knees with tuck

## WR Route fundamental drills
1. Shoulder to shoulder
2. Cushion eat verses zone turn
3. Cushion eat versus BP race
4. Trail
5. Break away (club and lean)
6. Throw by

## WR Footwork drills
- STEELER DRILL
- Box drill
- Star drill
- M drill
- Plant and break 90 degree/45 degree
- Curl, out, dig, corner with cones
- Site adjust off coach with bag
- Site adjust to coach
- 5. Goal Post Dril

## WR Post-Practice drills
1. Deep balls
2. Route of the day
3. Red zone concepts
4. Corrections and adjustments
WR DRILLS
COACHING POINTS

- HOLD PLAYERS ACCOUNTABLE FOR ALL DROPS. 10 PUSH-UPS / 10 UP
DOWNS. WHATEVER YOU CHOOSE.

- ON ALL PLANT AND BREAK DRILLS YOU CAN ADD A TENNIS BALL AT THE
POINT OF THE BREAK. HAVE THEN PICK UP THE TENNIS BALL AND THEN
TOSS IT. THIS HELPS THE WR KEEP HIPS AND PADS DOWN WHILE COMING
OUT OF THE BREAK.

- EMPHASIZE PUMPING ARMS THROUGH THE CUT AND KEEPING YOUR FEET
IN THE FRAMEWORK. DON’T REACH FOR THE CUT. BE SUDDEN AND
EXPLOSIVE.

- HAVE PLAYERS COMPETE IN ALL OF THE DRILLS. PLAY WITH AND
ATTITUDE WHICH STARTS IN PRACTICE.
WR DRILLS
STEELER DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steeler Drill</td>
<td>Football, 3 Cones</td>
<td>Warm-up, Loosen up hips, Plant and Break w/ ball skills</td>
</tr>
</tbody>
</table>

** same drill move cones 10 yds apart **
Longer strides

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**COACHING POINTS**
- Make sure players use quick feet and move their hips.
- Don’t let them be stiff.
- Must be deliberate with their movement.
- Emphasize snapping head around quickly.
- Be tight to cones - sharp - don’t round cuts.
- Look / Catch / Tuck / Cover - Run thru the football.

Carioca five yards to cone. Quick feet getting hips loose. At cone plant off outside foot and snap head around. continue to next cone and expect football quickly. Catch ball from both sides. * Switch sides and do drill over * Then move cones to 10 yds and do same drill but with longer strides.

BALL
Throw ball from here
1st time

END

START
Face out / Back to cones

BALL
Throw ball from here
2nd time

5 yds

5 yds
## WR DRILLS
### MOUNTAINEER DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountaineer Drill</td>
<td>Football</td>
<td>To develop quickness in getting in and out of breaks</td>
</tr>
<tr>
<td></td>
<td>3 Cones</td>
<td>To develop good hips and fluid movements.</td>
</tr>
</tbody>
</table>

**Diagram:**
- Start in your stance. Drive out of stance to the first cone. Shorten steps, sink hips, and get around cone quickly. Sprint to next cone. Shorten steps, sink hips, and sprint thru the inside of the last cone. Be sure to keep arms pumping as you get around cone.
- End with a catch - run thru the football.
- Switch sides and go opposite way.

**COACHING POINTS:**
- Emphasize staying low to ground when going around cones.
- Short choppy steps should be used at cone - don't over stride.
- Keep arms pumping to give you more acceleration.
- Make sure players stay as tight as possible to cone.
- Don't let players be stiff in hips. Be athletic and fluid with movements.
WR DRILLS
BOX DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Drill</td>
<td>Football, 4 Cones</td>
<td>Develop a good pad level - Stay at one level</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Develop ability to get in and out cuts</td>
</tr>
</tbody>
</table>

Cones to be placed 5 yds apart

COACH BALL

END (1)
W/ CATCH
Start in stance. Explode out of stance to first cone
At cone sing hips / pump arms and break down
Point toes to next cone and do the same at each cone
Accelerate thru each cone
At end coach will throw football
Catch and sprint thru line
Ending points will change to get you catching ball
From a different angle

START
* Switch starting point and ending point and do same drill *

Variation of drill
Can change up starting and ending points
Add a 45 degree or 90 degree ending point at
4th cone to simulate routes
Also put personality into it - end with head and shoulder shake….

COACHING POINTS:
Emphasize pad level – stay at one level. Don’t raise up and down
going in and out of break
Illusion of speed- keep arms pumping thru cut (beating drum)
Accelerate in and out of breaks. stay tight to cone - sharp
Look / Catch / Tuck / Cover - Run thru the football
WR DRILLS
CLEMSON DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clemson Drill</td>
<td>Football</td>
<td>To develop a good pad level.</td>
</tr>
<tr>
<td></td>
<td>4 Cones</td>
<td>To eliminate raising up and down as you get into your break.</td>
</tr>
<tr>
<td>Release Drill</td>
<td></td>
<td>To develop acceleration and explosiveness coming out of a break.</td>
</tr>
</tbody>
</table>

Variation of Drill: Release Drill
Have cones set up same way, but now instead of sinking hips and going around each cone, have the players work a release move and get by each cone. Simulating getting off press coverage release both sides (rt / lt)
Emphasize quick feet / hand movement and keeping it tight to the cone. Quick feet and stroke
At the end you can have a defender w/a bag
The player will read the defender and go opposite way.
This will help to develop a clean release when getting off the re-route of S or OLB. Read and react.
Don't let defense get hands on you
Be quick with feet/ hands/ and be athletic
Can also substitute each cone for a player and make it more physical. Still have players work move
Cones will be 5 yds apart

Clemson Drill (footwork)
Start in stance. On the right side of the cones.
Drive out of stance to the first cone. Sink hips and keep arms pumping (illusion of speed) as you get around cone without touching it. Once you get around cone sprint to next cone and do the same thing. Stay as tight to the cone as possible
Repeat this until the last cone.
Finish with a catch. Turn around and do the drill over.
Start from the left side this time.

COACHING POINTS:
Make sure players keep arms moving. This will help them to get around the cone as quickly as possible
Emphasize that they sink hips and do not raise up and down as they approach each cone.
Want to see them accelerating from cone to cone staying at the same level. Hide numbers.
WR DRILLS

STAR DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Drill</td>
<td>Football</td>
<td>Develop a good pad level - Stay at one level</td>
</tr>
<tr>
<td></td>
<td>4 Cones</td>
<td>Develop ability to get in and out cuts</td>
</tr>
</tbody>
</table>

**Variation of drill**
- Can change up starting and ending points
- Add a 45 degree or 90 degree ending point at 4th cone to simulate routes
- Also put personality into it - end with head and shoulder shake….

**COACHING POINTS:**
- Emphasize pad level - stay at one level. Don’t raise up and down going in and out of break
- Illusion of speed - keep arms pumping thru cut (beating drum)
- Accelerate in and out of breaks - stay tight to cone - sharp
- Look / Catch / Tuck / Cover - Run thru the football

**Diagram:**
- Cones to be placed 5 yds apart
- Start in stance. Explode out of stance to first cone
- At cone sing hips / pump arms and break down
- Point toes to next cone and do the same at each cone
- Accelerate thru each cone
- At end coach will throw football
- Catch and sprint thru line
- Ending points will change to get you catching ball
  - From a different angle

**Instructions:**
- Switch starting point and ending point
- Do same drill

**END (1)**
- W/ CATCH

**END (2)**
- COMING ACROSS
- W/ CATCH

**START**
WR DRILLS
M-DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>M Drill</td>
<td>Football, 7 Cones</td>
<td>Develop ability to come in and out of breaks quickly, Develop ability to change direction</td>
</tr>
</tbody>
</table>

**START**
Start by coming out of stance and sprint to 1st cone. Plant and break at a 45° angle pointing toe downhill to next cone. Drive arms thru cut. Do this at each cone. Finish with a catch.

Switch starting point and ending points and do drill again (left to right)

**COACHING POINTS**
Emphasize pad level and arm drive
Drive arms thru cut and accelerate to next cone.
Switch sides so players get feel for cutting off both feet.
Need to see change of speed and direction (athleticism)
End drill with catch.
Look / Catch / Tuck / Cover - run thru the football
## WR DRILLS
### Z-DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z Drill</td>
<td>Football</td>
<td>Stick Drill</td>
</tr>
<tr>
<td></td>
<td>8 Cones</td>
<td>Develop sudden quick explosive movements</td>
</tr>
</tbody>
</table>

### FINISH
**W/ CATCH**

- **Stick**
- **Stick**
- **Stick**
- **Stick**

### SUDDEN AND EXPLOSIVE

- Start in stance. Left foot up in stance. Explode to first cone and stick at cone w/ right foot. Explode to next cone and stick w/ left foot. Do same at each cone.
- End w/ catch
- Turn around and come back the opposite way
- Sequence = 1, 2, 3, 4 Stick, 1, 2, 3, 4 Stick
- After this put cones 1 yd closer.
- Sequence = 1, 2, Stick ….1, 2, Stick....

### 1, 2, 3, 4 STICK

- **Stick**
  - **Stick**: Left foot up in stance **START**
  - **Stick**: Drive arms thru cut. Gain separation
  - **Stick**: Finish with catch - look / catch / tuck / cover

**COACHING POINTS:**

- Emphasize sudden explosive movements
- Keep feet within cylinder (shoulder width apart)
- Get somewhere out of cut. (EXPLODE)

Nicholas M. Felus
# WR Drills

## One-Time Drill

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Time</td>
<td>Football</td>
<td>Develop the ability to gain separation from defender</td>
</tr>
<tr>
<td></td>
<td>2 Cones</td>
<td></td>
</tr>
</tbody>
</table>

**Flowchart:**

- **Start**
- **Finish W/ Catch**
- **Coach**

**One Time:**
Stick at the cone  
Run 5 yds to cone and work stick move at cone (45° angle)  
Continue until football is thrown to you.

**Two Time:**
Work 2 stick moves  
Stick at the first cone (RT foot) then run 2 steps then stick with LT foot working back to the right side  
Coach will throw you the football

**Coaching Points:**
Make sure you work both sides...  
Look, catch, tuck, cover
WR DRILLS
WILDCAT DRILL

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wildcat Drill</td>
<td>Football, 4 Cones</td>
<td>To break down quickly and develop good footwork. To develop ability to catch football and make something happen. RAC - (Run After Catch).</td>
</tr>
</tbody>
</table>

**Note:** Once players get good at this drill. Substitute cone for a player. Now it makes it more realistic. Now WR will have to beat defender. Also you can have somebody trailing. (Rabbit) Have a contest. If trailer gets WR then WR has 10 up-downs.

**COACHING POINTS:**
- Emphasize footwork at cones. Short, quick steps
- Illusion of speed
- Work back to football and catch football
- Make one move and get vertical

Start on right side of cone. Drive out of stance to left cone. At cone break down and spring across to right cone. Break down and work back to middle at 45° angle. Football will be thrown to you. Catch football and immediately get upfield. Make sharp move at cone to the right or left. Pick a side and accelerate upfield.
**WR - END ROUTES**

**SPEED CUT DRILL**

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speed Cut Drill</td>
<td>Football</td>
<td>To develop ability to speed cut without slowing down</td>
</tr>
<tr>
<td></td>
<td>4 Cones</td>
<td></td>
</tr>
</tbody>
</table>

**FINISH**

W/ CATCH

**START**

* w/ left foot up in stance
* to the right start w/ right foot up in stance

5 yds

Start with left foot up in stance. Take 3 total steps
On the third step speed cut on your right foot
Point the left foot at a 45° angle and bring you arms and head around together. Drive arms thru cut sink hips and stay at one level. Weight on toes when you make your cut. Accelerate
Set cones up to right side and do same drill to the Rt. this time right foot will be up in stance.

**COACHING POINTS:**

Don't be segmented. Arms/ head/ and body must come thru at the same time. Count your steps. 1, 2, cut, 1, 2, cut. this will emphasize where you need to accelerate. Weight will be on toes
Be sure to work both sides. Right and left.
Don't drift thru cut. Lose ground at the end.
**WR - END ROUTES**

**45’ ANGLE CUT**

<table>
<thead>
<tr>
<th>Drill</th>
<th>Equipment Needed</th>
<th>Purpose:</th>
</tr>
</thead>
</table>
| 45 Degree Angle Cut | Football  
5 Cones | To develop the ability to make precise inside cut with out  
losing any speed. Cut same as curl / comeback  
To develop the ability to get in and out of a break quickly |

**Drill Variation**

**FINISH**  
W/CATCH  
GET UP FIELD  
5 YDS

Can add a defender  
WR now has to make a move and  
beat defender. Be an athlete

5 yds

**START**

**COACHING POINTS:**

- Stay at one level. Have great arm drive for 5 yards and continue  
thru cut. Illusion of speed.  (beating drum)  
- Keep working downhill to get football.  
- Keep feet within framework of body. Don’t get outside shoulders  
Look / Catch / Tuck / Cover - Get Upfield
WR - END ROUTES

90 ANGLE CUT

**Drill**: 90 Degree Angle Cut

**Equipment Needed**: Football, 5 Cones

**Purpose**: To develop ability to accelerate and make an inside cut, simulate cuts made on dig / drive / and other in routes.

**Diagram**:
- Start in stance with inside foot up (left foot) explode out of stance and accelerate to cone. Sink hips at cone and make 90 angle cut. Cut will be made off outside foot. Be sharp and drive left arm thru.
- Snap head around and expect football early.
- Catch football and immediately get up field for 10 yds. Switch sides and do same drill from the left side.
- "After the first couple times through the drill change it up a little. Now have them add a little personality into it. When the make cut have them give a head and shoulder shake. Shake a defender. Be an athlete!"

**Coaching Points**:
- Emphasize maintaining a good pad level. Don't raise up and down especially into the cut. Most of cut will be made on outside foot.
- Drive arms thru the cut.
- Don't drift. Keep it tight to cones. Lose ground.
- Look / Catch / Tuck / Cover and GET UP FIELD.

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