

1. Straight Ahead – Regular / Hi / Low

One line approximately 15 yards from QB/thrower... sprint straight ahead, catch passes throw at chest level, overhead and low (thrower on knees)



001C - WR Straight
On, High & Low Drill

2. Weave in/out Curl

Set up: Three cones in a straight line approximately 5 yards apart in straight. QB/Thrower positioned 5 yards beyond far cone and 45 degrees diagonal to the right.

Receiver will start on end cone, on go, receiver will stem right towards first cone, weave left towards far cone, break on curl around far cone work back to middle cone (weave opposite) and then break on a hitch towards thrower.



010 - WR Weave n
Curl Competition Drill

3. Out/Cut Sidelines Catch

Set up: one cone at 7 yards on the numbers

Receiver will run a hard out route, QB/thrower will throw a sideline throw. Receiver will drag, toe tap or cut upfield after making the catch.



WR Sideline Catch
Drill

4. Seam/Fade

Set up: one cone at 10 yards on the bottom of the numbers

Receiver will run straight ahead. When he hits the 10 yard mark, QB/thrower will throw a seam/fade. Receiver will adjust to the ball and make the catch accordingly.

[REC COMBINE FADE ROUTE DRILL @ 2:05 OF VIDEO](#)



WR Pull Back Drill

5. Hitch Route

Set up: one cone at 5 yards (straight ahead) one cone at 10 yards (45 degree angle in). Coach at 10 yards cone with shield

Receiver will work vertical for 5 yards, slant for 5 yards and then hitch/work back to QB, working away from shield contact. Secure catch and get up field.

[REC HITCH CHANGE OF DIRECTION COMBINE DRILL @ 6:02 OF VIDEO](#)

