

OFFENSE

RECEIVER FUNDAMENTALS

WIDE RECEIVER FUNDAMENTALS

RECEIVER PRE-SNAP READS AND CALLS COVERAGE CALLS

KEY: Receivers must know coverage and defensive backs intentions for each play.

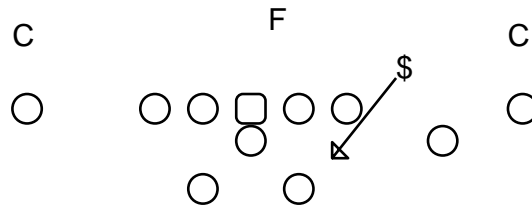
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|--|---|
| <p>"0"=Man</p> <p>"1"=1 deep-man</p> <p>"2"=2 deep zone</p> <p>"2 man"=2 deep-man under</p> <p>"2 dog"=2 deep with man(dog) on 1 rec</p> | <p>"3"=3 deep zone</p> <p>"3 weak"=3 deep, \$ hook area weak side.</p> <p>"3 strong"=3 deep, \$ hook strong side.</p> <p>"4"=4 deep-combination zone/man</p> <p>"42"=cover 4 strong and cover 2 weak.</p> |
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HELP QB CALLS (If QB can't see, he can hear)

CHECK STRONG SAFETY:

check strong safeties (\$) depth and free safeties (FS) alignment. If \$ is on close to Line of Scrimmage (LOS), and FS over top = blitz key.

*Receiver yells = "shark" (\$ blitz cue to Qb)!



RECEIVER BLOCKING - STALK STRIKE PROGRESSION

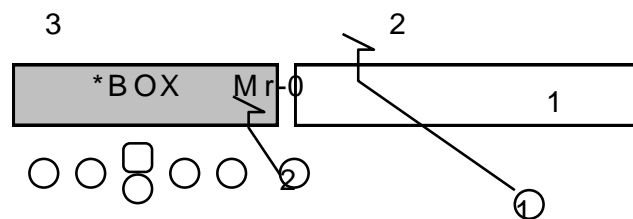
KEY: Receivers must know coverage and make blocking call for each play.

1. **FIRST STEP:** Take specific steps (path) needed to **gain leverage (5x1)** between most dangerous defender and ball carrier (**see and feel support defender**).
Inside run: ("stovepipe-21") **attack inside of #2 defender, block 1st support.**
Outside run: ("stovepipe-12") **attack frame of #1 defender (stalk or run off man).**
Backside cut off-run: Run Post route, attack safeties (see CB) trying to reach safeties far breast. If unable to reach, then find CB behind and turn to stalk(4x1).
2. **BLOCKING POSITION:** Breakdown into FBP, keeping **feet FLAT** - ankles apart. Punch both hands to playside hip (chest) of defender (knuckles up-elbows in).
3. **FINISH:** fit onto defender (**do not lunge**), **push knees forward** and back straight. Maintain FBP, keeping feet flat with both feet on ground (**mirror defender**). Stay fitted onto defender and drive. **GOAL** = mirror def'ender & **maintain block**.
4. **CUT:** attack toes of defender, **take lunge step and use flipper with same arm** on defenders inside leg. **keep head up** and bear crawl through defender to finish off.

RULE: perimeter rules

CALL: #1 rec (1st #) and #2 rec (2nd #)
 inside run = base rule-stalk (stovepipe) and get inside to block first support defender (20 call) = stovepipe and block support.
 outside run = #1 rec blocks deep coverage defender (1). #2 rec blocks widest support defender (2). Use a (12 call) or (21) vs. C2.

stovepipe inside (20 call)



DRILL - "cigar partner" 1=fit / punch / drive & finish. 2= toes / lunge & flipr / crawl

DRILL - "machine gun" rec takes off, stalk inside, stalk outside, cut inside (4 per group)

DRILL - "combo" rec stalk blocks while partner works route release (5 yds wide to hash).

RECEIVER ROUTE TECHNIQUES

1. **STANCE:** 2 point with inside foot back, hands up and in front (track technique), push off front foot (no false steps). We want to be able to see and signal into the formation.

KEY= take off on ball snap! **DRILLS:** stance-start, team take-off, weave-green drill.

2. **ALIGNMENT:** Stretch defender to max., yet able to get where you need to be.

All run plays align at bottom of numbers on field=maximum stretch.

3. **ROUTE RELEASE:** Attack with first step to get defender outside framework (Shake).

(foot fire) six quick steps in one yard radius to deceive defender.

(burst) forward body lean, low center of gravity to keep pad level low.

(hand to hand) physical swim, stay low, rip and get defenders hands off.

Vs. Cover 2-Zone: Attack defenders outside leg, if he gives it=take it!

Defender takes it away=Rip inside. Never get bumped off route path.

***KEY DRILL:** do route release (1 on 1) before any ball receiving drills (team or group)

4. **ROUTE STEM:** Run stem of route at defender (attack or threaten). Run route to beat

defender, not an area. BURST (lean forward) at defender before cut (eyes deep).

5. **ROUTE BREAKING POINT:** Before cut, WEAVE outside framework of defender. Start to lean back (drop hips) and pump arms. Plant outside foot (reach) and rip inside elbow to turn body. Run route so defender must go through you to get to ball (example = speed cut / drill).

KEY DRILLS: "pound" zip-zag drill, curl-cone drill ("drop-cha-cha-cha"), "shake", green read.

6. **ROUTE FAKES:** ***KEY DRILL PROGRESSION:** stance and team take off (burst),

4 step quick post", post-corner, 5 step "green, 5 step corner, curl-cone drill, comeback (cob).

(1) weave: take route just slightly off line and outside framework of defender.

(2) change of pace: mix up speed, body lean, arm action to give false keys to DB.

(3) double fake: combine weave and change of pace and/or use double shake-step move.

start with pound step (direction of cut), then take a quick 2nd pound step and cut.

(4) double change of pace: burst take off, then glide, burst again, then make final cut.

7. **BALL SECURITY:** Always come back to the ball, look ball into double tuck position.

If defender on=work (spin) to sideline, if defender off=(square up DEF) and run vertical.

8. **Y.A.C.:** "Yards after catch" - key to becoming a complete receiver. If you feel inside

defensive pressure then spin to outside. If no inside pressure, then square up defense (parallel to L.O.S.) and get up field NOW. **DRILL:** finish hitch drill - "yac" vs. def's.

9. **ROUTE DEPTH:** We use a rhythm pass concept, receiver must get as deep as possible while staying on rhythm of Qb drop (timing). **DRILL:** in route (club or shake vs. man).

General rule of thumb:

3 step drop by Qb = routes run at 6 yards depth.

5 step drop by Qb = routes run at 12 yds .

7 step drop by Qb = 17 yds.

ROUTE RELEASE

Proper route take-off and the ability to escape from the line of scrimmage against a tightly-aligned secondary defender is essential to fundamental receiver play. These fundamentals will be taught the first day of practice and review-drilled daily.

-good start means good finish-

ROUTE TAKE-OFF: "BURST" and "THREATEN"

STEP 1 - stance with inside foot back and push off front foot (no false steps), have hands up and in front (track technique).

STEP 2 - stay low with forward body lean and arms pumping (track start), have eyes down field looking through defender

STEP 3 - must threaten - attack defender every play (run or pass).

DRILL - TTO (team take off): receivers on line and release on snap of ball. use as warm up (form run) drill everyday. Add partner as defender and threaten.

GREAT ESCAPE: "ATTACK" and "CLEAN RELEASE"

STEP 1 - analyze defenders alignment, initial movement on snap of ball. Find defenders weakness and attack (film study).

STEP 2 - stay low, body lean forward with center of gravity below defender. Must release clean (do not let defender get hands on chest - keep pads low).

STEP 3 - foot fire, threaten defender opposite of actual release direction by using six quick steps in a one yard radius (get defender to react NOW).

STEP 4 - hand to hand combat, use arm swinging swim to get defenders hands off. Also use hand slaps after release to continue to get hands off. CLEAN RELEASE

STEP 5 - be deceptive, change up release so that you are not predictable. Be creative when aligned away from point of attack to get backside cut off block.

DRILL - Escape 1 on 1: Receivers partner up and escape press cover, coach acts as Qb calling play (quick route) and ball snap for take off.

PASS ROUTES AND ADJUSTMENTS

The individual pass routes are described and diagrammed.

Each route will be explained and drawn against FOUR BASIC CORNERBACK COVERAGE TECHNIQUES.

1. SOFT ZONE CB - COVER 3
2. SOFT MAN CB - COVER 0 or 1
3. HARD ZONE CB (FUNNEL) - COVER 2
4. HARD MAN CB - COVER 2 DOG or 0-BUMP

Receivers must understand the concept of the pattern (BIG PICTURE), the route and the defensive coverage. Once route RELEASE technique is mastered the receiver must be able to react and adjust quickly to the four basic defensive coverage techniques. Once this is understood, the complete receiver can perfect route set ups, fakes, and change of pace techniques.

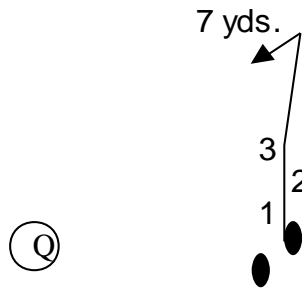
ROUTE: quick stop-go route

SPLIT: maximum (#'s)

DESCRIPTION: Read route involves the receiver making a sight adjustment after release. Route stem must threaten the defender to the outside (after first three steps rec must weave outside). Versus soft cover rec stops hard and hitches back to qb. Versus hard cover rec then runs vertical fade route catching ball over inside shoulder. (Qb will fade you toward sideline).

key to fade is to pound inside foot hard on 5th step (bend inside and take off).

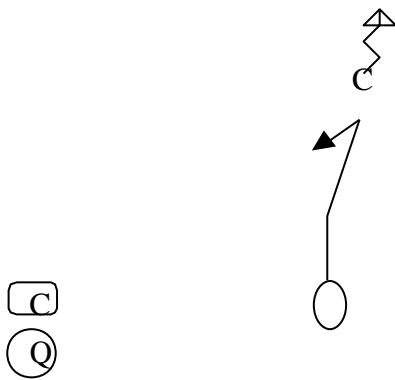
BASE DIAGRAM



burst-lean-pump arms off L.O.S.

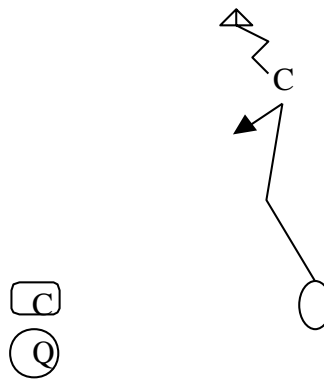
NOTE: 5 step drop, work to 10 yds. depth.

VS. SOFT ZONE CB (COVER 3)



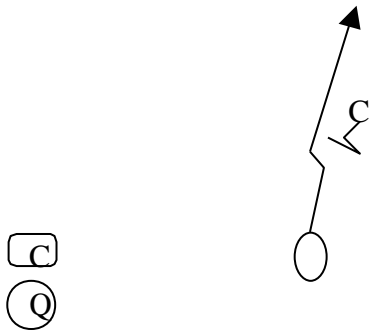
threaten defenders outside with weave.

VS. SOFT MAN CB (COVER 0-1)



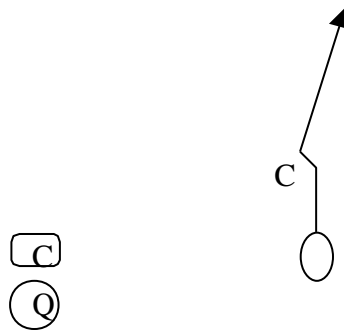
attack defenders alignment (adjust stem).

VS. HARD ZONE CB (COVER 2)



rec can release inside versus zone press. Five step (pound) release (quick post stem)

VS. HARD MAN CB (COVER 0-BUMP)



adjust stem and keep sideline cushion. Five step (pound) release (quick post stem)

COACHING POINTS:

Receivers and Qb must not force vertical fade route, versus any soft cover stay with stop route. Make sight adjustment after release and not during pre-snap (see coverage).

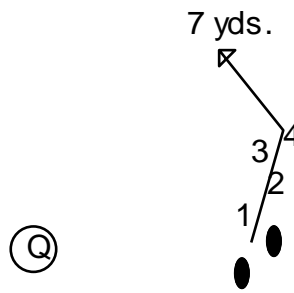
NOTE: "GREEN" (fist on helmet) cues automatic fade route (all go), pound 5th step.

ROUTE: quick post (skinny)

SPLIT: maximum (#'s)

DESCRIPTION: Quick post route requires receiver threatening defender to the outside then working vertical seam inside defender. key is for rec to pound hard on 4th step with outside foot to get inside DB. keep eyes directed outside and down field, must make defender think fade route and react accordingly. We want to isolate the flat defender by finding a *window in the zone* or *breaking away from the man defender*.

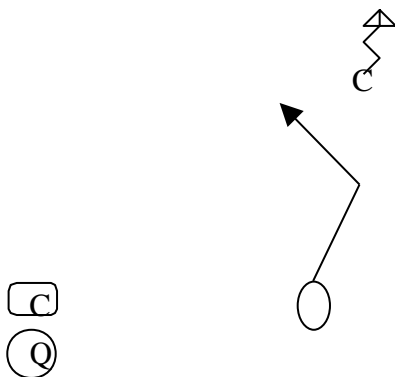
BASE DIAGRAM



threaten defender outside on first 4 steps.

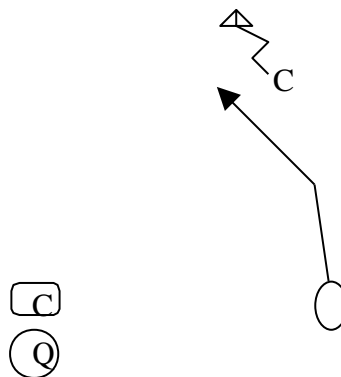
NOTE: 5 step post go directly to post.

VS. SOFT ZONE CB (COVER 3)



threaten defenders outside.

VS. SOFT MAN CB (COVER 0-1)



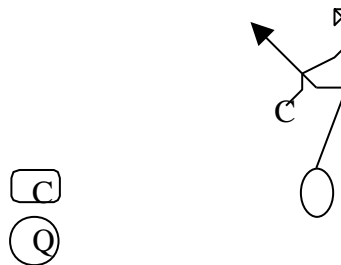
threaten inside shoulder of CB to square him up, then get inside and vertical..

VS. HARD ZONE CB (COVER 2)



force defender to keep outside contain, therefore widening the defense.

VS. HARD MAN CB (COVER 0-BUMP)



force defender to turn and run, then redirect underneath, forcing him to tight turn (back to rec and losing sight of ball).

COACHING POINTS:

Receivers and Qb (get feet down quick) must stay on rhythm, total timing route. Find the vertical seam in defensive cover and get receiver ball in stride to gain yardage after reception (YAC).

ROUTE: choice route (#1 or 2 receiver)

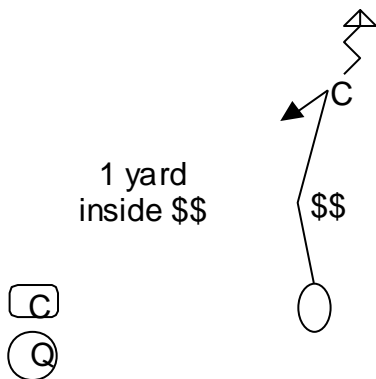
SPLIT: maximum (#'s)

DESCRIPTION: choice route requires receiver threatening defender to the inside with stem (get inside defender), then working vertical toward the sideline (widen defender). key is to finish 1 yard inside flats defender (hitch or square-in finish).

Keep DB outside or on hip so that you do not have to fight back over top when breaking inside for window to Qb.

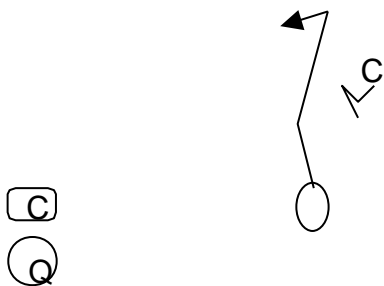
***KEY = finish 1 yard inside flat def!**

VS. SOFT ZONE CB (COVER 3)



threaten CB deep / see flats def.

VS. HARD ZONE CB (COVER 2)

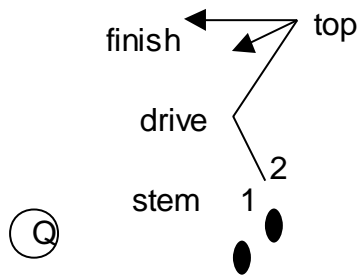


widen CB and find window to Qb.

COACHING POINTS:

Receiver must get inside of defender. Keep consistent with depth and turn head quickly to pick up flight of ball to make adjustment for catch (must see flats defender and finish 1 yard inside to find window to Qb – feel pressure of CB also to adjust finish with hitch or sq-in).

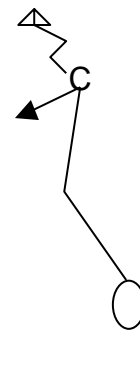
BASE DIAGRAM



threaten defender and get inside (stem).

NOTE: use change of pace, drive hard off stem and top to separate from defender.

VS. SOFT MAN CB (COVER 0-1)



glide inside, but drive vertical to top.

VS. HARD MAN CB (COVER 0-BUMP)



force defender to turn and look outside, then pound hard and drive vertical to top.

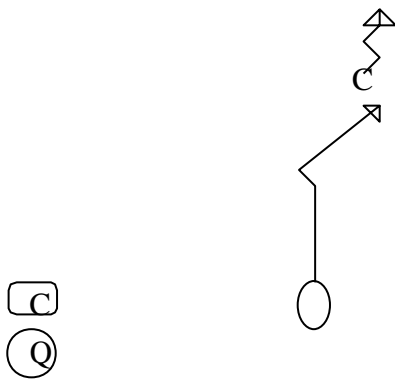
ROUTE: corner (#2 receiver)

SPLIT: medium (inside #'s)

DESCRIPTION: corner route requires receiver threatening defender to the inside then working vertical toward the sideline. Route stem must threaten the defender to the inside, after first two steps rec must weave and pound fifth step inside, then drive hard to corner. Key is to be very deliberate with last three steps, then accelerate to corner catching ball over outside shoulder.

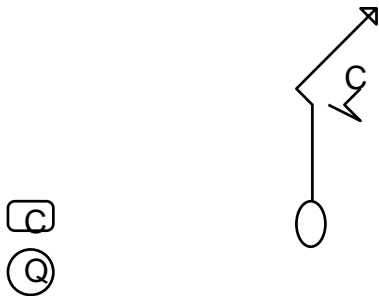
*use same 5 step pound as V-corner and catch over outside shoulder.

VS. SOFT ZONE CB (COVER 3)



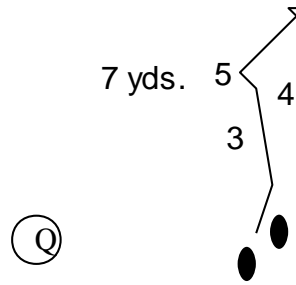
flatten corner route to sideline.

VS. HARD ZONE CB (COVER 2)



must get overtop defender.

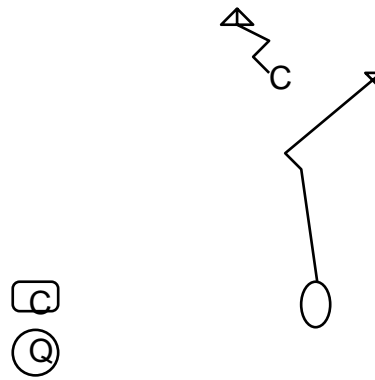
BASE DIAGRAM



anchor-plant fifth step hard inside.

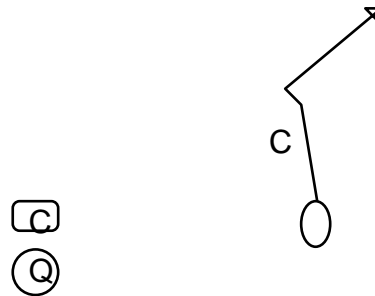
NOTE: use same 5 step pound as V-corner and catch over outside shoulder.

VS. SOFT MAN CB (COVER 0-1)



weave inside, but go vertical to corner.

VS. HARD MAN CB (COVER 0-BUMP)



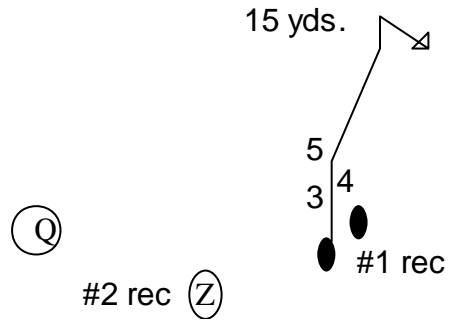
weave inside - vertical to corner.

COACHING POINTS:

Receiver must get behind (overtop) of defender. Keep consistent with depth and turn head quickly to pick up flight of ball to make adjustment for catch (keep running vertical - never turn and stop to find ball).

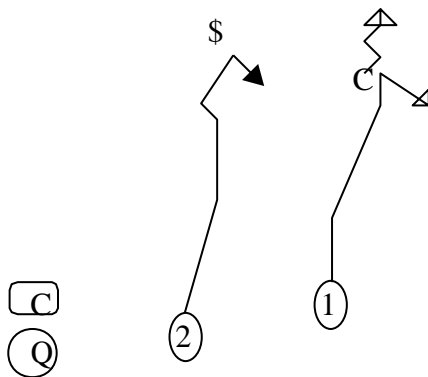
ROUTE: comeback (cob)
SPLIT: medium (inside #'s)
DESCRIPTION: #1-Rec must sell go route outside, then quickly break down and comeback at a sharp angle, back to LOS. Read pass involves the #2-inside receiver making a sight adjustment after release. Versus soft cover rec's run outside comeback. Versus hard cover 2, inside rec then runs corner route catching ball over outside shoulder. (Qb will fade you toward sideline - pound inside foot on 5th step).
 *Smash concept (bracket flats defender)

BASE DIAGRAM



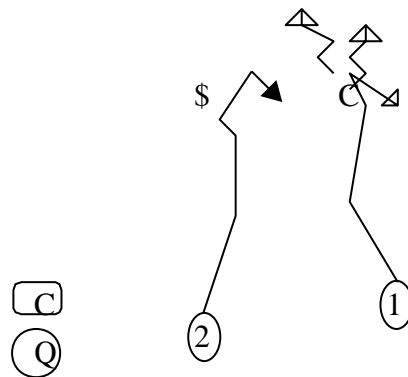
Burst-glide-burst (change of pace fake).
NOTE: deep roll out get to 17 yds. depth.

VS. SOFT ZONE CB (COVER 3-4)



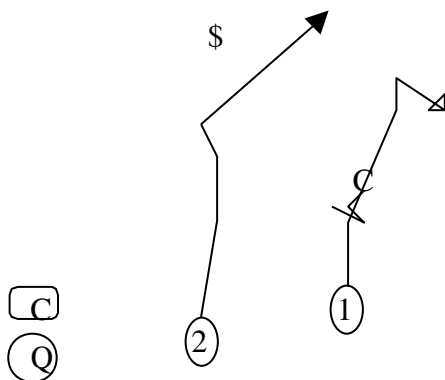
threaten defender upfield with burst.

VS. SOFT MAN CB (COVER 0-1)



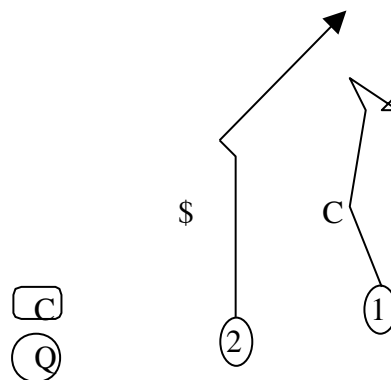
attack defenders alignment (adjust stem).
 stay outside defender and bend him in.

VS. HARD ZONE CB (COVER 2)



rec can release inside versus zone press.

VS. HARD MAN CB (COVER 0-BUMP)



bend in and run to defenders backside.

COACHING POINTS:

Receivers and Qb must not force corner route, versus any soft cover stay with comeback route. Make sight adjustment after release and not during pre-snap, take completion all day long (comeback - timing with Qb).

NOTE: **"GOLD" (open hand on chest)** cues look and go route by #1 receiver.

ROUTE: get open (base concept)

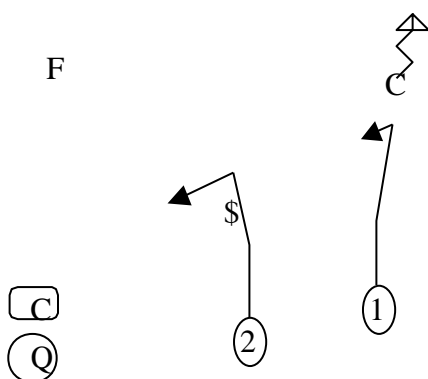
SPLIT: #2 rec maximum on hash

DESCRIPTION: Get open route involves the #2 rec making a sight adjustment before and after release. PRE = locate safeties and Sam (determine strong hook defender).

POST = route stem must threaten strong hook defender to his outside (4 steps).

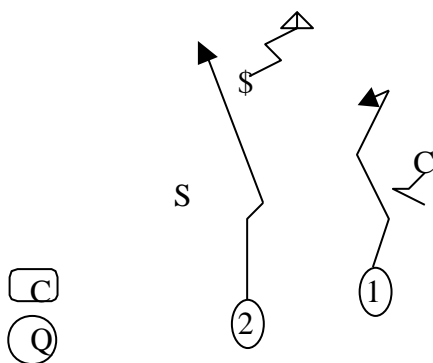
Read defender, **if blitz then post**. If defender **sits**, then get inside and **spot up!** MAN cover with Sam blitz = threaten \$\$ to outside and pound on 4th step, run quick post (expect ball on 6th step).

VS. SOFT ZONE (COVER 3)



#2 rec pre-snap reads safeties in middle think spot up and get open (threaten \$\$). #1 rec run fade route stem and curl inside.

VS. HARD ZONE (COVER 2)



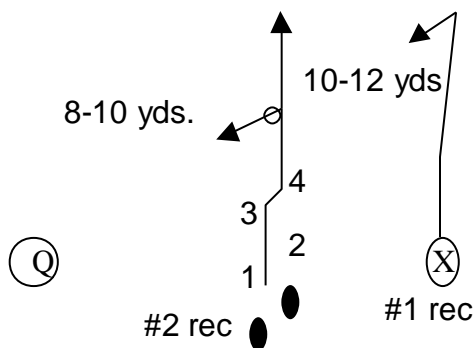
#2 rec pre-snap reads no safety in middle think post – read sam drop! #1 threaten outside sideline and run curl.

COACHING POINTS:

Qb and #2 receiver must not force vertical route. Make pre-snap read from safeties cue. Avoid contact and find opening in hook area. Make sight adjustment after release.

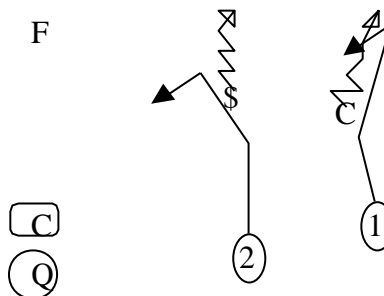
NOTE: "PRAY FOR POST" (hands praying) cues post versus man blitz.

BASE DIAGRAM



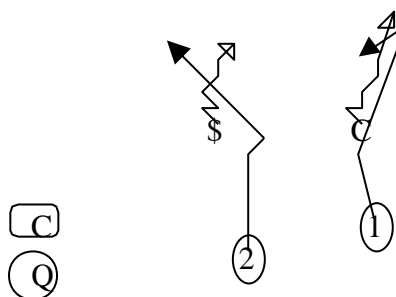
burst-lean-pump arms off L.O.S. #2 receiver runs get open route. #1 receiver runs curl route.

VS. SOFT MAN (COVER 0-1)



#2 rec pre-snap reads safety in middle think spot up and get open (get inside \$\$). #1 threaten outside, redirect inside and sit.

VS. HARD MAN (COVER 0-BUMP)



#2 rec pre-snap reads no safety in middle think post - man (threaten \$\$ outside). #1 threaten outside, redirect inside and sit.

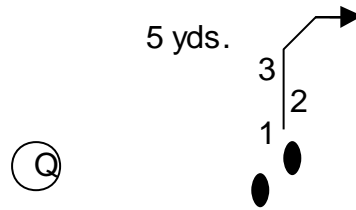
ROUTE: quick out route

SPLIT: maximum (#'s)

DESCRIPTION: Route stem must threaten the defender to the inside (pound on 5th step with inside foot). The 6th step is a speed cut (round off to accelerate into out). After making out cut, if ball not in the air, then convert up sideline to fade route.

key is to pound hard on 5th step and speed cut on 6th step.

BASE DIAGRAM

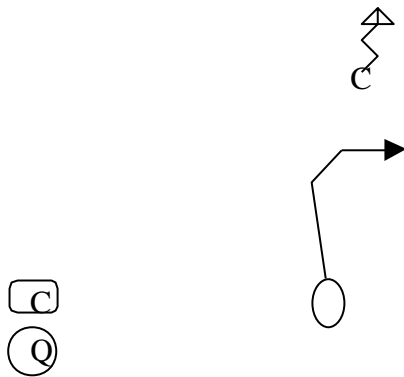


burst-lean-pump arms off L.O.S.

NOTE: 3 step drop by Qb

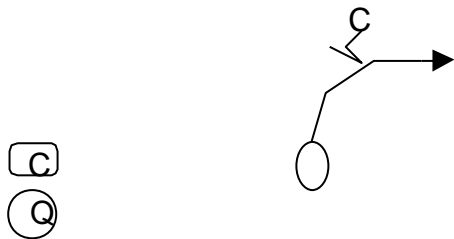
VS. SOFT MAN CB (COVER 0-1)

VS. SOFT ZONE CB (COVER 3)



threaten defenders outside with weave.

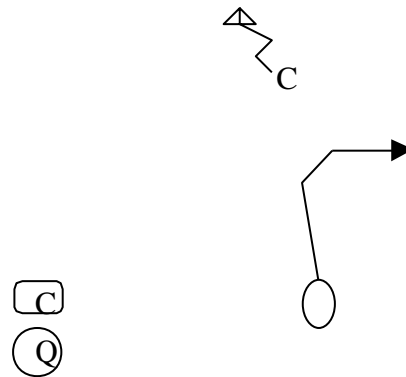
VS. HARD ZONE CB (COVER 2)



threaten defenders deep with hard burst at outside hip, then make speed cut-separate.

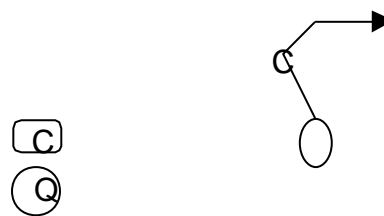
COACHING POINTS:

NOTE:



attack defenders alignment (adjust stem).

VS. HARD MAN CB (COVER 0-BUMP)



weave inside and pound hard with inside foot, then speed cut to separate from DB.

DRILL PROGRESSION

* use breakdown drills to teach "parts" and build toward "whole" concept.

1. **bubble drill** as warm up to work stalk block, catch, run after catch (RAC) and throw.

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| <p>"bubble" drill: Two Qb's, from zero-twins formation, execute bubble screen left and right. start with #1 rec, progress to #2 and #3. * use rec's as def's to block.</p> | <p style="text-align: center;">107 (#1 rec) 206 (#2 rec)</p> |
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2. **run and shoot drill** using shields to represent defenders (zone) and throwing lanes. Run through play inventory versus various zone coverage's, using different attack areas.

* **NOTE = backs with 1 QB run check-release drill (with back coach) at same time.**

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| <p>"run and shoot" drill: Five Qb's, from team formation, execute pass play. All start off same cadence, with coach communicating rhythm out to keep timing. Goal is to complete all 5 passes (perfect execution). * have 10 balls. * use shields as defenders</p> | <p style="text-align: center;">quick stop (04-05) then "green" drill (go)</p> |
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3. **drill 25/26** (2 Qb's and 5/6 rec's running 1 pass play strong and weak (train Qb eyes)).

| | |
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| <p>drill 25: Two Qb's, from team formation execute pass play. Each Qb attacks different area. Qb works triangle read progression with defense using zone or man coverage's. * extra Qb's act as rushers. * coaches play sam/will.</p> | <p style="text-align: center;">BASE pass play vs. "cloud" zone cover</p> |
|--|--|

4. **"blink-blitz"** 2 on 2 drill versus db's-man coverage' (develop confidence vs. blitz).

* **note:** great drill to work sprint out pass, play action (strong side and bootlegs weak).

Also use 11 on 11 ("blitz 22" drill), to work complete team blitz pass package.

| | |
|--|---|
| <p>"blink-blitz" drill: Two Qbs, four receivers, two defenders; mirror each other-working out from center. Each side uses own cadence to start. * 4 balls needed. * Qb rushers (wave drill) * coach can play FS if no db's</p> | <p style="text-align: center;">BASE pass play vs. "blitz" man cover</p> |
|--|---|

5. **"7 on 7 pass skelly"** versus scripted defensive coverage's and offensive plays.

RECEIVER LOG

| | | | |
|--------------------------|----------------|--------------------|--|
| NAME: | | DATE: | |
| HEIGHT: | WEIGHT: | TERM: | |
| INDIVIDUAL GOALS: | | TEAM GOALS: | |

| week # | catches (count) | footwork drills | route mech | fundo drills | run | lift | stretch | total time |
|---------------|------------------------|------------------------|-------------------|---------------------|------------|-------------|-------------------|-------------------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |
| 9 | | | | | | | | |
| 10 | | | | | | | | |
| 11 | | | | | | | | |
| 12 | | | | | | | | |
| | | | | | | | TIME TOTAL | |

| | |
|-------------------|----------------------|
| SELF EVAL: | COACH REVIEW: |
|-------------------|----------------------|