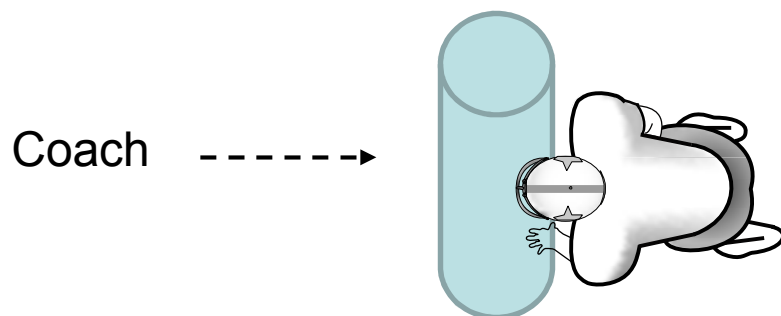


Bag Catch

Drill Purpose: To teach players to catch the ball away from the chest with arms extended.



Drill Instructions:

- Use a large stand up bag, garbage can, hand shield and even hug a roll of paper towels with elbows.
- WR(RB) align in a single file behind bag
- QB(Coach) align in front of bag and throw ball as WR comes behind bag.

Coaching Points:

WR must catch ball with arms extended out.

Coach should throw ball in a high, eye level, and low position.

Coach can be close to players then move back

Make it a contest on how many can be caught in a row

