



CoachYouths

## Youth Football Drill Sample #7

Wide Receiver Drill:

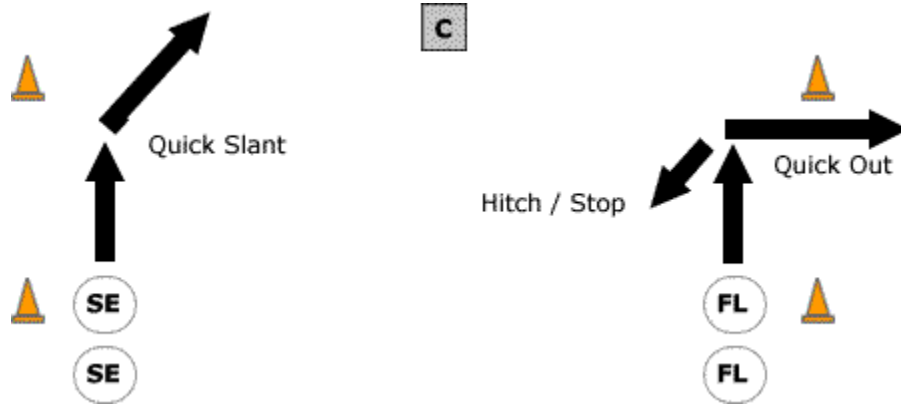
# Short Routes Drill

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# Short Routes

35

<b>Purpose:</b>	To teach wide receivers how to properly run short routes
<b>Number of Players:</b>	All Wide Receivers
<b>Equipment:</b>	Shorts or Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) The receivers form two lines.
- 2) The first player in each line gets into his 2-point stance and listens for the coach to call out the pass route (quick out, hitch, or slant).
- 3) On the command "Hut", both receivers run the pattern called out.
- 4) The players running the pattern go to the back of the line, and the next two receivers step up and get into their stances.

## Coaching Points:

- 1) At the beginning of the season, the players may need to go one at a time.
- 2) Make certain the players start correctly and drive up the field 4 yards before starting to run the route.
- 3) The **QUICK OUT** route—The receiver drives up field 4 yards, pivots on his outside foot and breaks to the sideline.
- 4) The **HITCH** route—The receiver gathers himself at 4-yards, stops his movement up the field with his outside foot, and turns back to the inside.
- 5) The **SLANT** route—As the receiver reaches 4-yards, he angles toward the center of the field.
- 6) On all three patterns, be sure the receiver brings his head around quickly so he is looking back to the QB and has his hands up ready to make the catch.
- 7) If your QB has trouble throwing to the outside, eliminate the quick out route completely or have your receiver move closer to the inside when he lines up.



We hope you found this free sample useful and would like to invite you to try out the full 100 Youth Football Drills book.

We have been coaching youth football teams for decades and truly know that these drills will work and will help you this season. We are so confident that we do offer a **100% satisfaction guarantee**, so if you are unhappy, we refund your purchase, it is that simple.

John Wamer

A handwritten signature in blue ink, appearing to read "John Wamer", written in a cursive style.

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