

Stance

- Vertical distance between the front heel and the back heel is approximately the same as shoulder-width apart.
- The feet are hip width apart.
- Shoulders are square to the line of scrimmage and over the front toes so that the receiver has forward body lean.
- Bend the front knee! Both knees will be slightly bent.
- Toes of both feet are pointed straight ahead, or the big toe of the forward foot may be slightly angled inside.
- Head and eyes are up and turned slightly towards the football.
- The arms are flexed with hands up.



Catching the Football

- The basic rule of catching is to make a diamond-shaped window to *“Claw the Ball”*.
- Put the thumbs and index fingers of both hand together with the fingers spread out. (B I G Hands!)
- The hand position is the opposite with the pinkie fingers of both hand touching with thumbs pointing outside to *“Web the Ball”* the ball is thrown below the waist.



- Lock your eyes on either the tip or the white strip the forms a circle as the ball rotates in the air. (*Radar Lock*)



“Look to Lock!”

- The catch is not complete until the ball is tucked or locked away!
- Tucking the football on EVERY catch should become as automatic as breathing.

5 Points of Pressure:

1. Cover the nose of the ball!
2. Palm touching the ball.
3. Forearm touching the ball.
4. Bicep touching the ball.
5. Ball is “*High & Tight*” with the elbow in!



**Dropped passes are due to the eyes leaving the ball on contact with the hands.
ALWAYS have your nose pointing at the football!**

(See Sample)



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Bend the knees to get hands lower than the football.

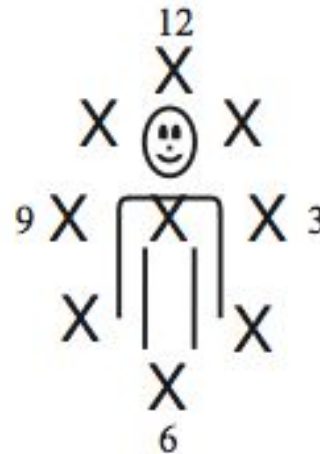
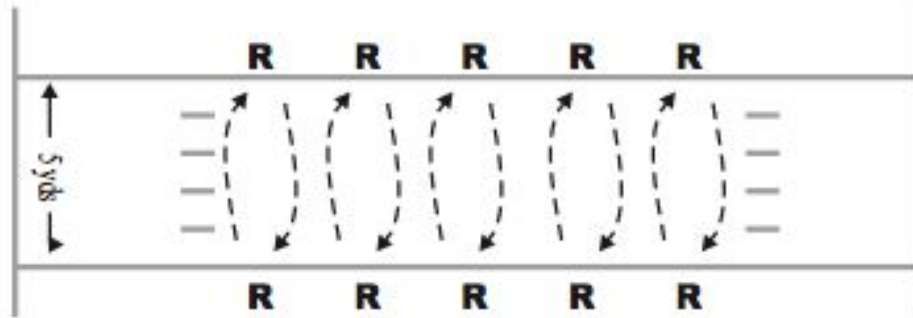
“Web the Ball”



Partner Passing

(With Football or Tennis Ball)

- Keep your eyes on the ball.
- “Claw” the ball and catch in your fingers.
- Tuck the ball away, “Look to Lock”! Give a laces/no laces call!



Body
Clock

X = Aiming Point For Ball

