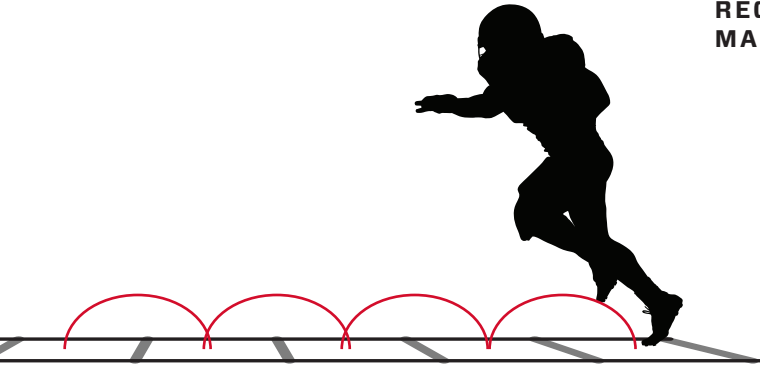




# STAMPEDERS PRACTICE DRILLS

**RUNNING BACKS AND QUARTERBACKS FROM MARC MUELLER**

**RECEIVERS FROM MARQUAY McDANIEL**



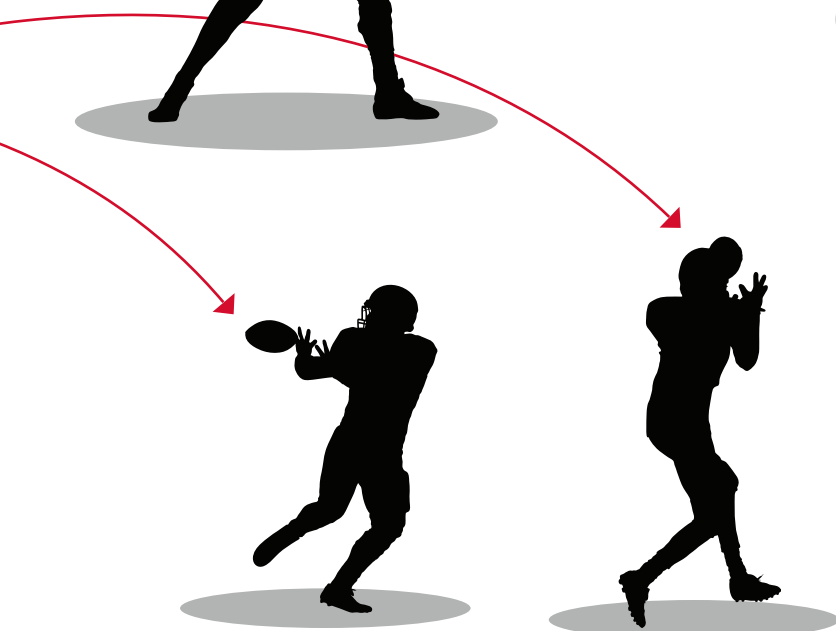
## FOOTWORK (RUNNING BACKS)

- Place a fitness ladder on the ground
- Carry a football in either left or right hand and tuck against chest
- Improve footwork with a series of steps
  - One foot (basic) or two feet (intermediate) in each ladder square while moving forward; shuffling side-to-side while facing forwards as you advance through the ladder (advanced)
- Increase speed as ability improves without missing any steps



## THROWING (QUARTERBACKS)

- Set down a bucket or garbage bin
- Stand – with a football in hand – either 5 (basic), 10 (intermediate) or 15 (advanced) yards away
- Practice accuracy by aiming to throw the football into the container; You will need to ensure velocity and height of the pass are adequate



## CATCHING (RECEIVERS)

- Find a partner able to throw you a football
- Stand 10 yards apart
- With your back facing your partner, ask them to shout an indicator – “ball”, “now”, “turn” – when they release to ball to let you know when to turn and catch the incoming pass (basic)
- With your back facing your partner, keep your feet facing forward as you turn your upper body and pivot your head over your shoulder to receive a pass; make sure to not pick up your feet and to practice catching over both your left and right shoulder (intermediate)
- With your back facing your partner, keep your feet facing forward and look straight ahead as you run forward and receive the pass as it gets lobbed over your head from behind (advanced)

