# Year 6 - American Football - Catching (Wide Receiver)

**Learning objective:**
Demonstrate how to catch.
To demonstrate how to catch the ball with correct technique. (all)
To understand wide receiver running routes most.
To understand how to use these techniques in a game situation. (some)

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduce 2 of the offensive positions.</strong> The quarterback is the player that passes the ball to the wide receiver by throwing the ball. The wide receiver will then try to score a touchdown without having their flag taken.</td>
<td></td>
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</tbody>
</table>
| **Quarterback and wide receiver drill**
[Youth Flag Football Drill | QB Throwing - Passing Drill for Beginners](https://www.moving-matters.org)
[Step Back Throw Drill](https://www.moving-matters.org)
| | **Coaching Tips**
| | - What hand position does the wide receiver take? The wide receiver makes a diamond with their hands and holds their arms extended at chest height with arms slightly bent inwards.
| | | **Extension**
| | - Add a timer for 45 seconds, see how many complete passes they can make.
| | - Set some players to take 2 steps back instead of one.
| | | **Coaching Tips**
| | - What stance does a wide receiver start with? | 15 Minutes | 10 Minutes |
| **Set up 4 cones with 2 inner cones being 2 metres apart and the 2 outside cones being 5 to 8 meters away from both inner cones. Both players facing each other the player with the ball (quarterback) passes the ball to the other player (wide receiver). Players then take a step back and continue to throw the ball to each other. If a pass is not successful the players must stay at that range until a pass is completed successfully.** | | | **www.moving-matters.org**

**Slow Motion Wide Receiver Catch**
[Football catches in slowmo](https://www.moving-matters.org)

**Four Square Receiver Drill**
Get a set of four cones and create a square, and the receivers make a square, cutting with their outside foot. What we want to emphasize here is planting the outside foot and making a sharp...
• The wide receiver should start with 1 foot in front of the others.
• Chest is at a 45-degree angle with a slight bend in the back leg.
• Keeping the body low and front knee is slightly bent.
• Arms out hanging shoulder width apart loosely pointing towards the floor.

Slow Motion Running Route

**Slow motion wide receivers**

Does the wide receiver turn sharp or curved?

Does the wide receiver start by looking at the person throwing the ball?

When the player turns, what does the player do with their arms and hands?

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**Main (Development/Application)**

**Team Keep Away**
Set up a 5 by 5 square, there are 4 different roles.
- 1 Coach.
- 1 Defensive back.
- 1 Wide receiver (wearing 2 bobs on either side or 2 tags)

**Differentiation (Extension/Support)**

**Extension**

- Wide receiver must try to catch the ball with one hand for extra points.

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[www.moving-matters.org](http://www.moving-matters.org)
<table>
<thead>
<tr>
<th>1 Quarterback</th>
<th>Minutes</th>
</tr>
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<tbody>
<tr>
<td>Quarterback starts with the ball and passes to the wide receiver. The wide receiver tries to keep possession of the ball for as long as possible without being tagged by the defensive back.</td>
<td>Make the area larger and add the outside player to become a defender.</td>
</tr>
<tr>
<td></td>
<td>Quarterback and wide receiver must do as many complete passes as possible without being tagged.</td>
</tr>
<tr>
<td></td>
<td>Coaching players use a stopwatch and times the play to see who lasts the longest.</td>
</tr>
</tbody>
</table>

**Plenary**

A game of chaos tag in the 4 by 4 squares already used. Players can't tag the same person twice over.

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