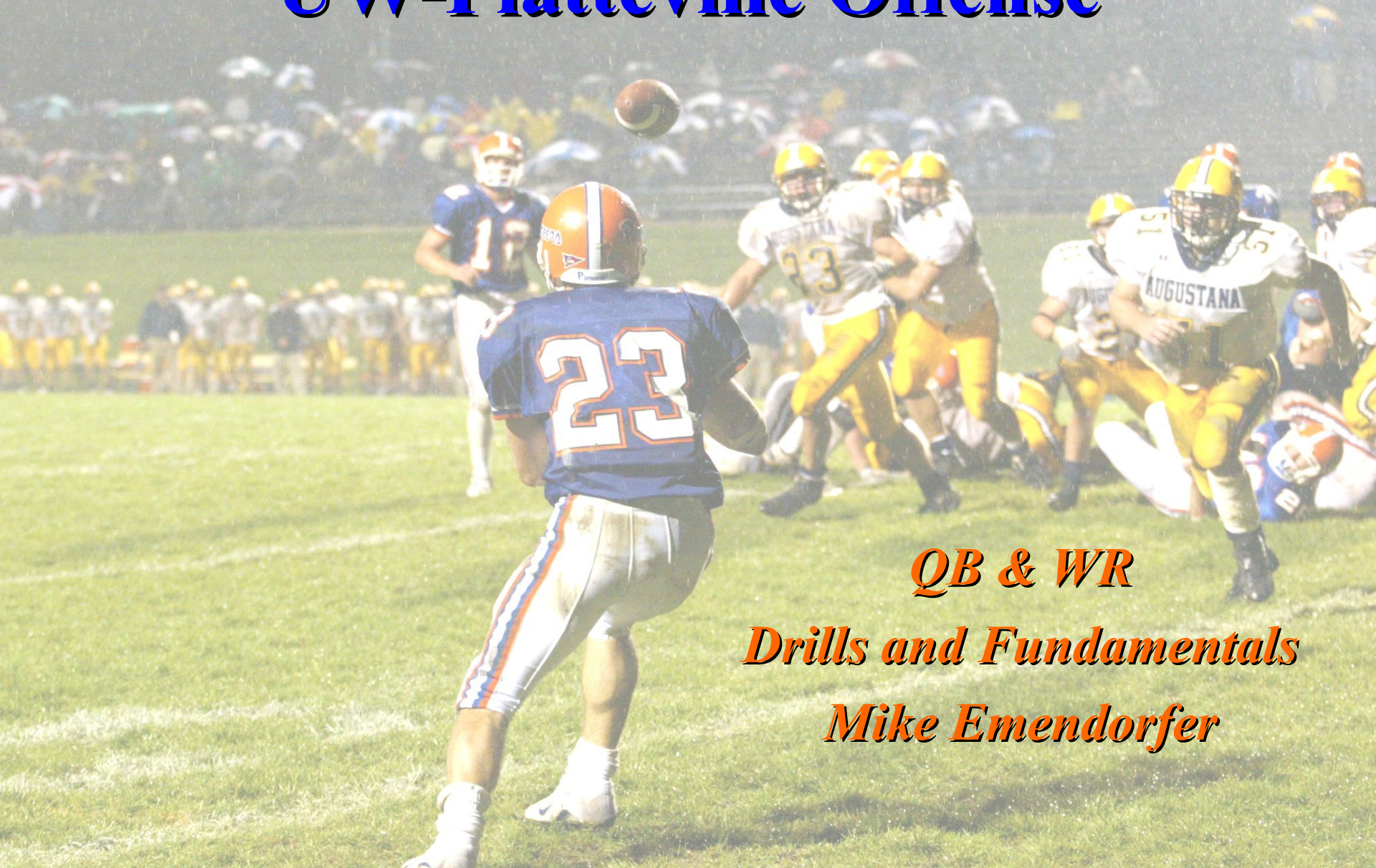


# UW-Platteville Offense



*QB & WR*

*Drills and Fundamentals*

*Mike Emendorfer*



*Wide Receiver Play*

# *Drills for the Complete WR*

## Stance and Starts

1. Stance
2. Starts
  - Game Type
  - One Foot Touch & Go
  - One Foot
  - One Foot – One Toe

## Catching Drills

- Pioneer Bubble
- Partner Pioneer
- Purdue
- Worm
- Line Ball
- Shuttle Run
- Angle Catch
- Carioca Out



# *Stance & Starts*

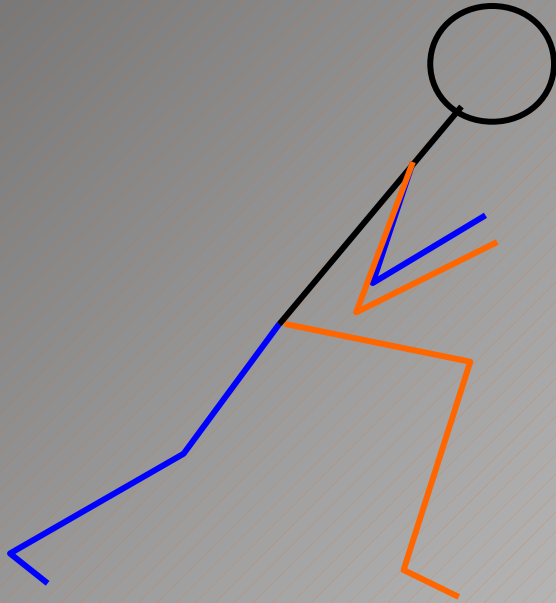
- Stance

## Start Drill Progression

- Game Type
- One Foot Touch and Go
- One Foot
- One Foot – One Toe



# *Stance*



Blue-Left Leg and Left Arm

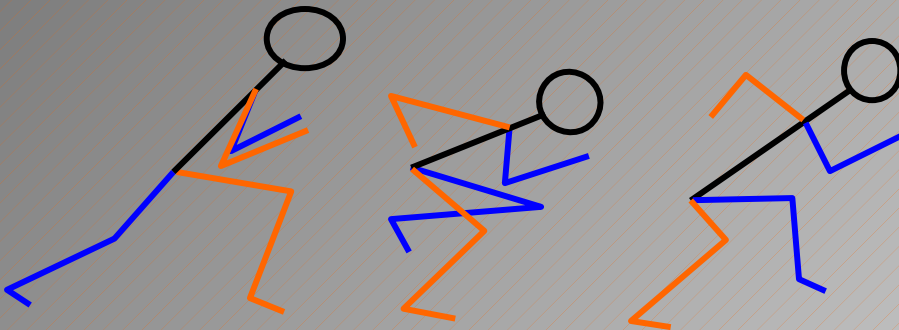
Orange-Right Leg and Right arm

## Coaching Points

1. Get Comfortable.
2. 80 % of weight on front foot.
3. Nipple over knee over toe.
4. Both heels off the ground.
5. Head on a swivel.
6. Hands in a fight position.

# *Starts*

## Game Type

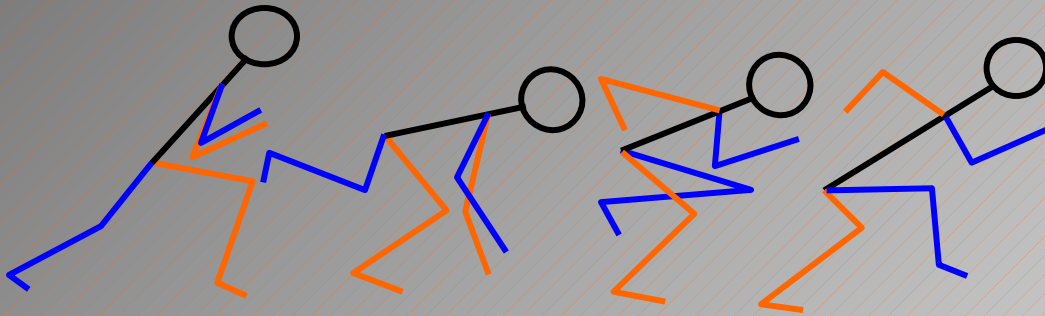


## Coaching Points

1. Great Stance.
2. On “Set Go”, Run over your front foot.
3. Drive you back knee forward. VIOLENT!
4. Rip your opposite elbow backward. VIOLENT!
5. Good forward lean, momentum moving forward.
6. Get to perfect running form.

# *Starts*

## *One Foot-Touch and Go*

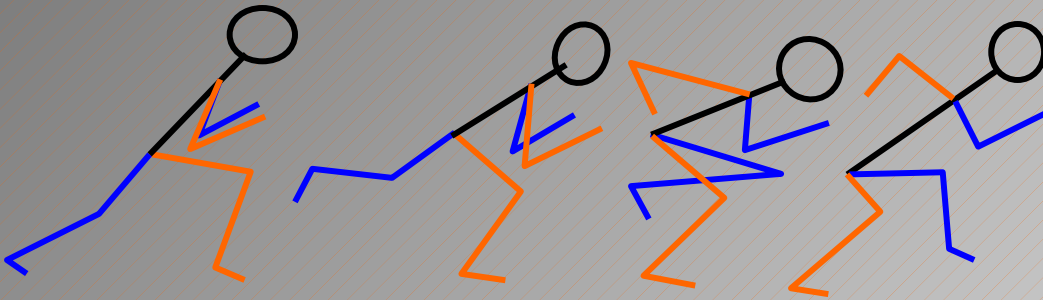


## Coaching Points

1. Great Stance.
2. 100% weight on front foot.
3. On “Set” lean like you falling on your face.
4. At the last second, before you fall, touch both hands.
5. At this point drive your back knee to your chest and rip you opposite elbow to the sky.
6. Explode off the line.
7. Get to perfect running form.

# *Starts*

## *One Foot*



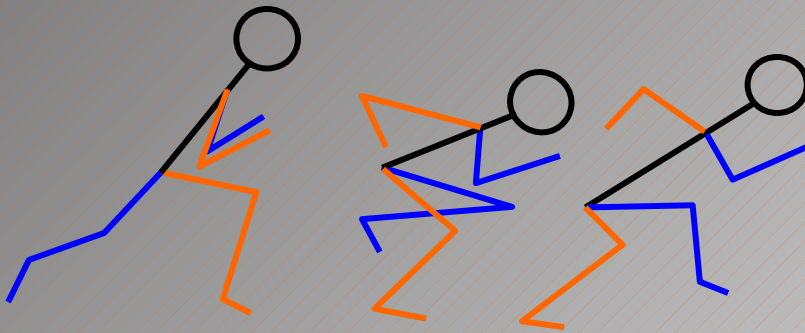
## Coaching Points

1. Great Stance.
2. On “Set”, Lean like you falling on your face.
3. At the point where you want to put your hands down, drive the back knee to your chest, rip your opposite elbow to the sky.
4. Explode off the line.
5. Get to perfect running form.



# *Starts*

## *One Foot – One Toe*

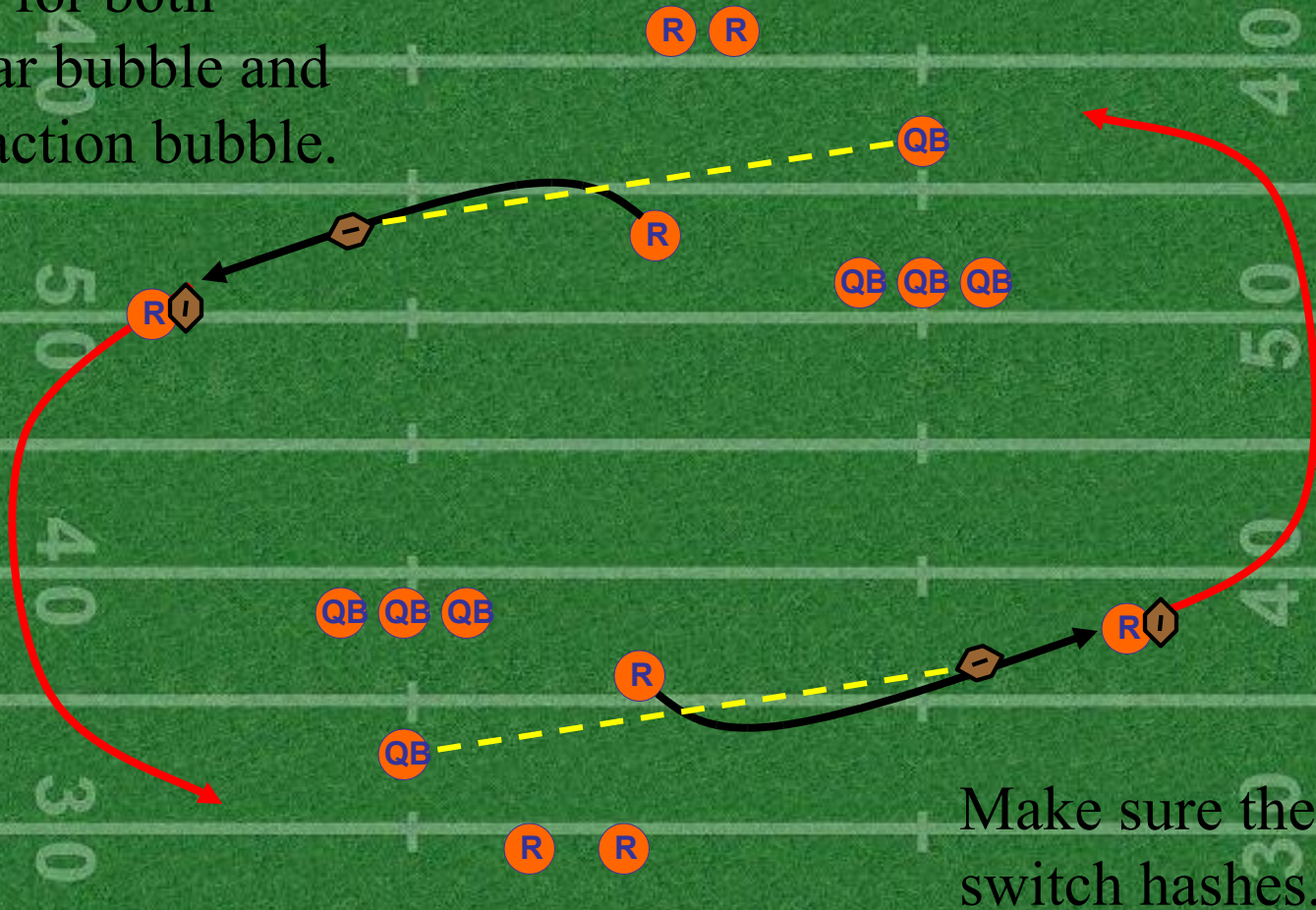


## Coaching Points

1. Great Stance.
2. Back foot should be up on toes. Should be able to see all you cleats from behind.
3. Run over your front foot.
4. Drive you back knee forward. VIOLENT!
5. Rip your opposite elbow backward. VIOLENT!
6. Good forward lean, momentum moving forward.
7. Get to perfect running form.

# *Pioneer Bubble*

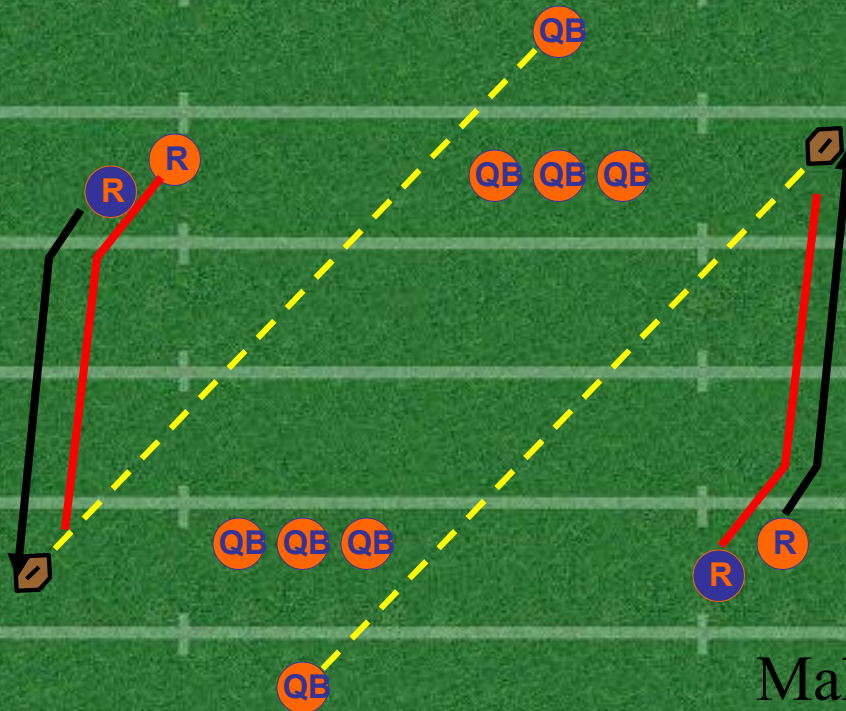
Good for both  
regular bubble and  
play action bubble.



Make sure the QBs  
switch hashes.

# *Partner Pioneer*

Multiple routes may be used.



Make sure the receivers switch hashes.

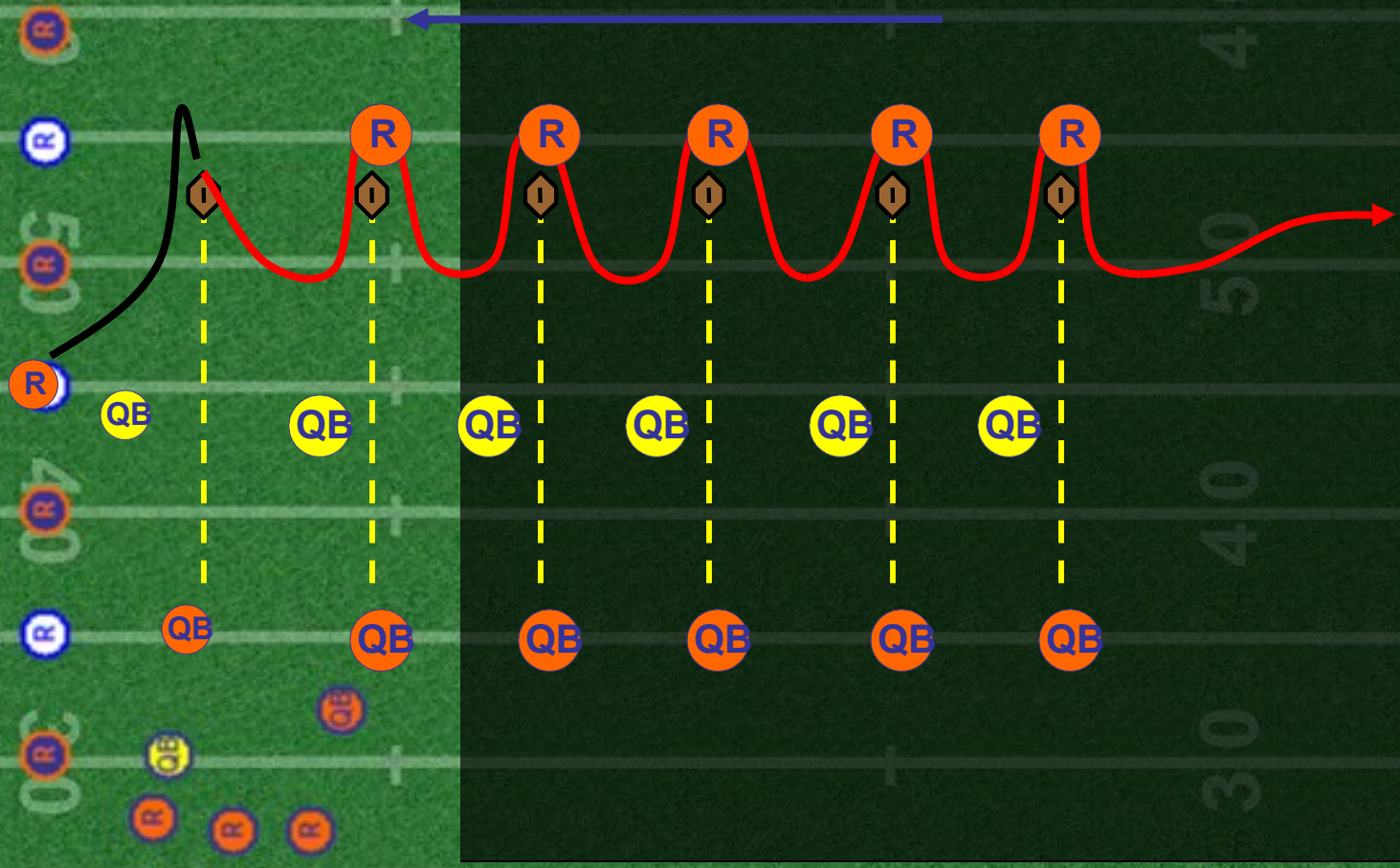
# *Purdue*



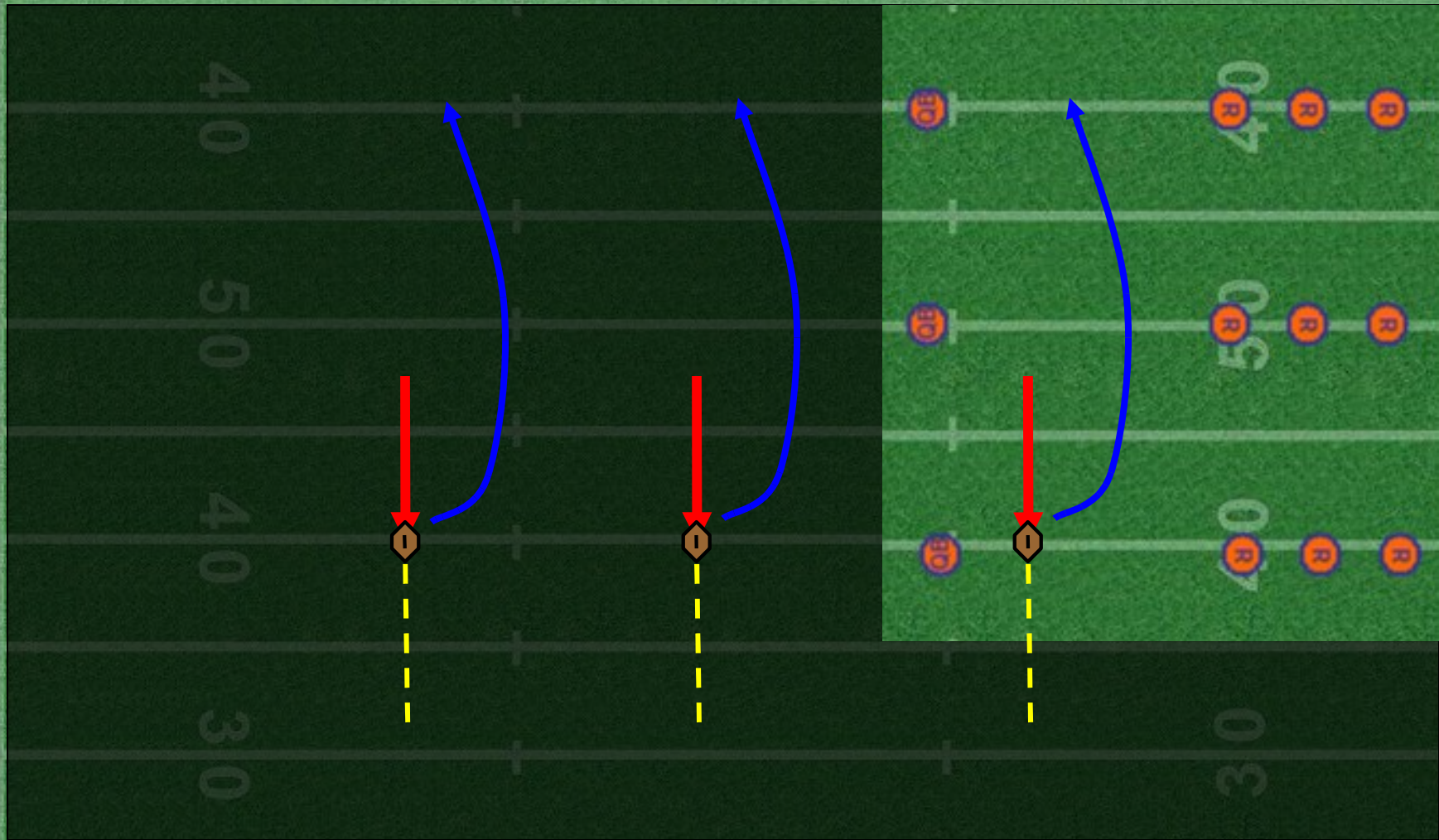
*WR must stay on #'s and run full speed*

# *Worm*

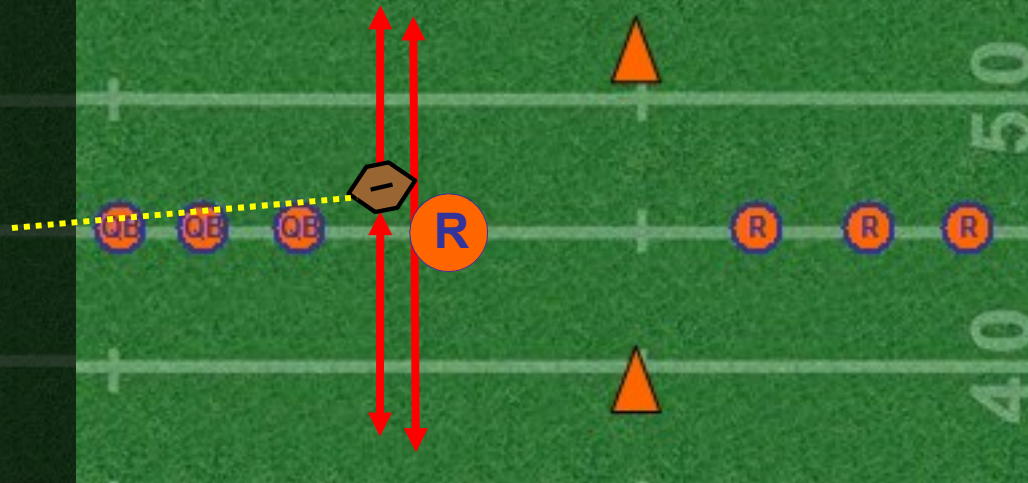
Receivers move up 5 yards as each person passes them



# *Line Ball*

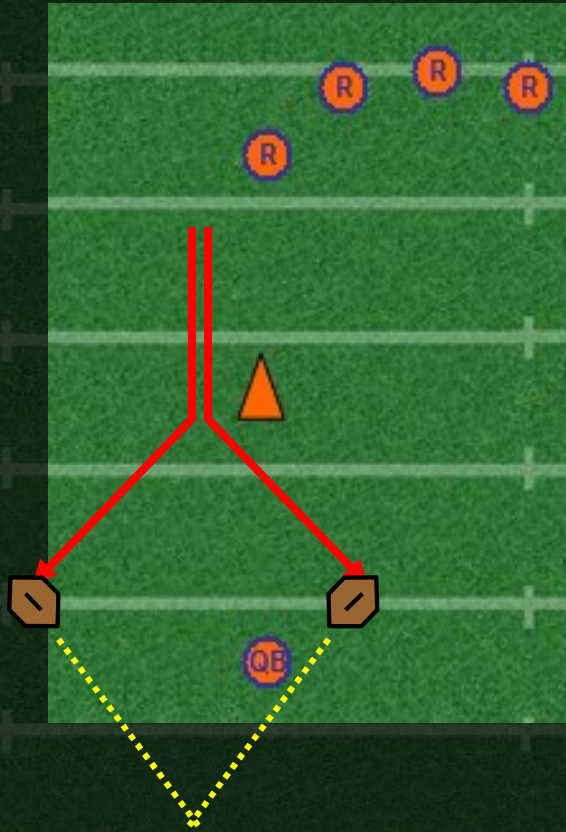


# *Shuttle Run*



Make sure to go both ways

# *Angle Catch*



Good sharp cut at  
the cone

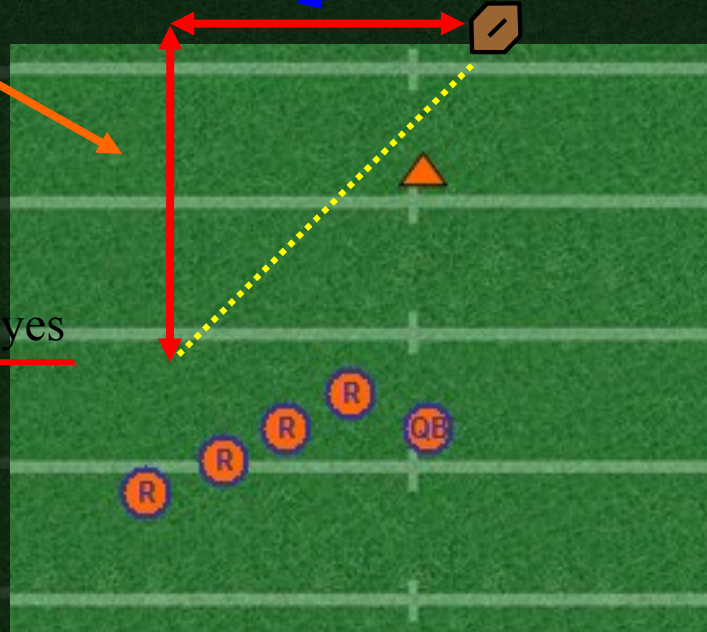


# *Carioca Out*

Quick Feet Carioca

Spin – Snap Head

Eyes



# Contact Information

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Platteville, WI**

