



# WIDE RECEIVERS MASTER GUIDE



# THE PERSONALITY OF A GREAT WIDE RECEIVER

- Never stop working to be great
- Fearless
- Believe they can break the game open on every play
- Play every down
- Clutch in pressure situations
- Hyper-focused -- attentive to the details
- Unbelievably confident in ability



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# THE SKILLSET OF A GREAT WIDE RECEIVER

- Good technique, fundamentally sound
- Great hands -- wide open and in traffic
- Great coverage recognition
- Explosive release
- Understands offensive scheme
- Comprehends route concepts
- Understands the psychology of working a defensive back all game -- like a chess match



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# THE WORK ETHIC OF A GREAT WIDE RECEIVER

- Works hard in all situations
- Prepares for practice like gameday
- Catches a ball 100 times a day minimum
- Studies more film than anyone on the team
- Embraces all competition
- Determined to be successful



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# GOALS AT FOOTBALL UNIVERSITY

- Improve catching ability
- Improve route running
- Improve position IQ
- Understand what it takes to be the best
- Learn how to effectively analyze film
- Improve speed, conditioning, and agility
- Learn proper offseason training



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# MOVEMENT PREP / WARM-UP

Long arm skip (forward & backward) – 20 yards

Lateral overhead skip – 2 sets, 20 yards

Carioca – 2 sets, 20 yards

Tapioca – 2 sets, 10 yards

Snapioca – 2 sets, 20 yards

High-knees – 2 sets, 10 yards

Butt kicks – 2 sets, 10 yards

Leg cradle – 2 sets, 10 yards

Forward lunge – 2 sets, 10 yards

Forward lunge (with twist) – 2 sets, 10 yards

Backward lunge (with twist) – 2 sets, 10 yards

Forward lunge (elbow to instep) – 2 sets, 10 yards

Hand walks – 4 sets, 10 yards

Hamstring march – 2 sets, 15 yards

Hamstring skip – 2 sets, 15 yards

Lateral lunge – 2 sets, 10 yards

Drop-step lunge – 2 sets, 10 yards

Linear skip (forward & backward) – 15 yards

Lateral skip – 2 sets, 10 yards



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# OFFSEASON WORK / JANUARY - JUNE

- 3x a Week
  - Ball Flips -- 100 each hand
  - Standing Catch -- 75
  - One-Handed Catch -- 25
  - Thumbs-In Catch -- 25
  - Thumbs-Out Catch -- 25
  - Long Ball -- 25
  - Releases (Speed, Arc, Double, Seam, Burst) -- 25 each
  - Route Tree -- every route, ten times
  - Goal Line Package (slant, fade, saturn, whip, return) -- 10 each
  - Jump Rope -- 1,000 jumps
- 2x a Week
  - One-on-One Routes -- against similar or better competition, dedicate at least 30 minutes through the entire route tree



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# PLYOMETRIC ROUTINE / JANUARY - JUNE

## Linear – [Monday & Thursday]

- Linear Bound - 3 Sets, 8 Reps
- Box Jump - 5 Sets, 10 Reps
- Vertical Pop - 3 Sets, 8 Reps
- Hurdle Jump - 3 Sets, 8 Reps
- Wall Squat - 3 Sets, 30 Seconds Each Set
- Single Leg Squat - 3 Sets, 8 Reps Each Leg

## Multi-Directional – [Tuesday & Friday]

- Lateral Bound - 3 Sets, 8 Reps
- Lateral Box Hops - 5 Sets, 10 Reps
- 180-Degree Box Jumps - 3 Sets, 8 Reps
- Lateral Shuffle: 6 Cones - 4 Sets



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# WORDS OF WISDOM

The journey of a thousand miles starts with a single step. Football success is a long road, walked one day at a time.

Bounce up every time you are knocked down. Get up and get some more. It's not where you are, it's where you are going.

When you score, act like you've been there.

Be overprepared for the opportunity you wish to receive -- whatever it may be (starting, playing, etc.) it may come just once in your career. Be ready.



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# WORDS OF WISDOM

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.” – Jerry Rice

“Look up, get up, and don’t ever give up.” – Michael Irvin



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