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
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
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
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
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
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
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
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.
“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