



## Week Seven

FOCUS: Catching Over the Shoulder

Once possession is obtained in your defensive end, the goal is to advance the ball upfield. The ability to catch the ball over-the-shoulder allows a player to continue upfield rather than having to stop to change directions after successfully catching a pass.

Think of this much like a quarterback hitting a wide receiver on a post pattern.

Key #1- PROVIDE TARGET: receiver should keep the face of their stick square to the person making the pass so as to give them a target. This target should be just above the shoulder. This means the stick must be turned towards the passer, however, the receivers body will be turned (the receiving player's back will be facing the passer)

Key #2- CUSHION THE PASS: Cushion the ball just as you would in catching any pass, just do it in the opposite direction. Rather than cushioning it to your shoulder, you will be cushioning away from your shoulder.

### DRILLS

#### 1) Back-to-Back Partner Passing

- partner up, 1 ball per pair, standing 10 yds apart
- turn so that your back is facing your partner
- pass back and forth, working on catching the ball over your shoulder

#### 2) Breakouts

- set up 4 cones as in diagram → 2 breakouts occur simultaneously
- players break from cones  $\triangle$  moving straight, then cutting on a slight diagonal
- players at cones  $\blacktriangle$  makes passes
- after the catch, ball is passed to front of opposite line.  $\blacktriangle$
- passer becomes cutter (player breaking out)  $\triangle$
- cutter jogs to end of opposite line  $\blacktriangle$

