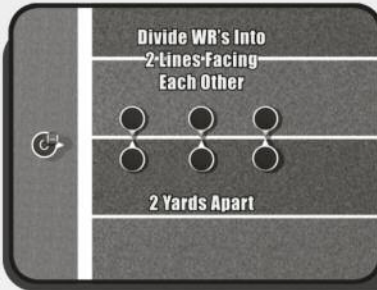
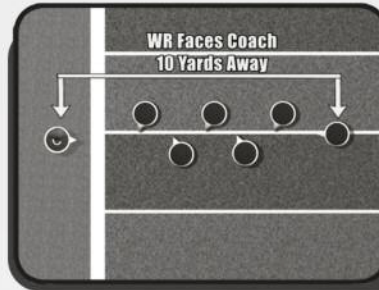




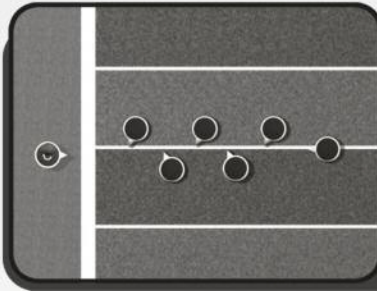
Car Wash



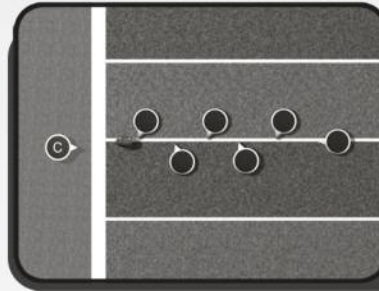
01 ★
Divide WRs into 2 lines, facing each other, 2 yards apart.



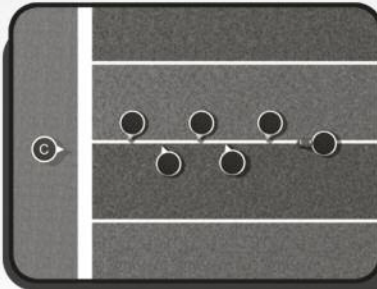
02 ★
One WR faces the coach/passer 10 yards away.



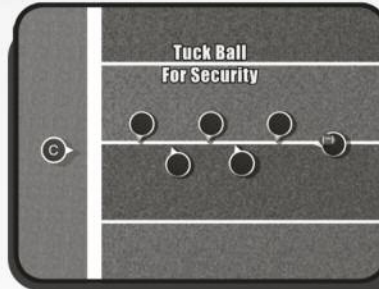
03 ★
Coach passes the ball to WR.



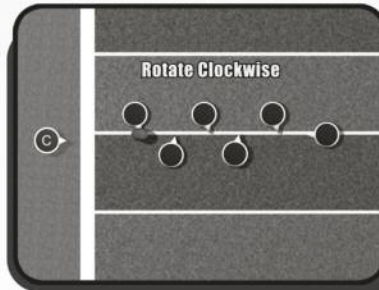
04 ★
Other players distract WR, but don't touch the ball.



05 ★
WR reaches out with his hands, not the body.



06 ★
After the catch, the WR tucks ball for security.



07 ★
After 5 receptions, rotate receivers clockwise.

Notes:

Blank area for notes.