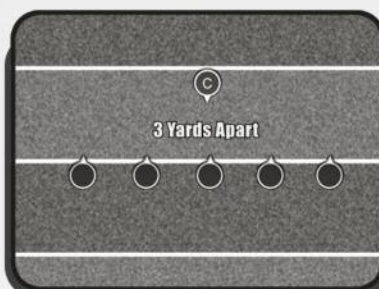


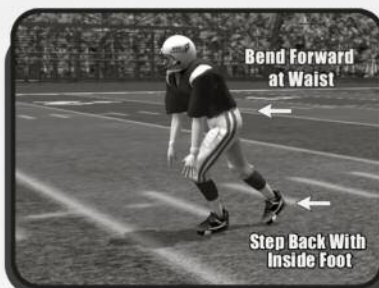
Receivers - Stance



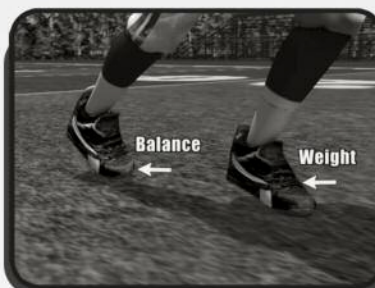
01 ★
Line up all WRs along a yard line, with 3-yard splits between them.



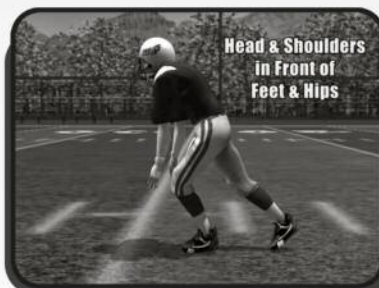
02 ★
Begin with feet even and shoulder width apart.



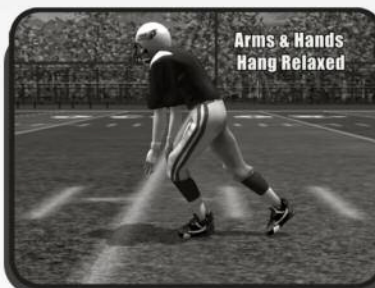
03 ★
Step back with inside foot and bend slightly forward at waist.



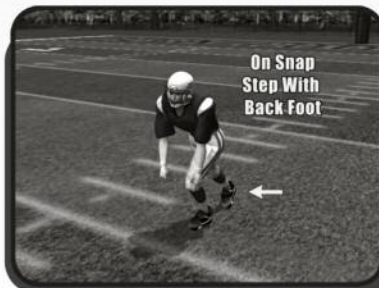
04 ★
Place more weight on front foot and use toes of back foot for balance.



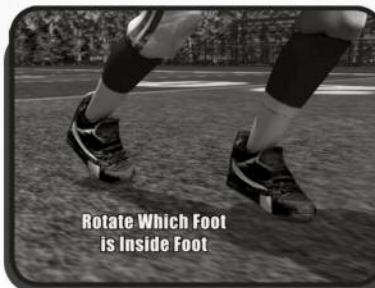
05 ★
Head and shoulders move in front of feet and hips.



06 ★
Arms and hands hang down in relaxed manner.



07 ★
On snap count, begin moving forward by stepping with back foot.



08 ★
Rotate which foot is the inside foot.

Notes: