

Clap (Man Coverage)

- 1) Pair up the DB and WR side by side on a yard line.
 - 2) On the same yard line, the coach (QB) aligns in the middle of the field.
 - 3) The WR (with ball) begins to run a vertical fade route.
 - 4) The DB follows in tight hip pocket phase with his back to the QB and his eye on the WR.
 - 5) After running 5 to 6 yards downfield, the WR extends both hands up to the ball.
 - 6) The DB reacts to the outstretched arms of the WR by “clapping” the WR’s outside arm with the arm closest to the QB. The DB should separate the football from the WR.
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- Confine the drill to a limited area so that the coach can evaluate technique.
 - When the DB claps with the arm farthest from the WR, it naturally pulls him closer to the receiver. This should result in separation of the ball.
 - Enhance the drill by having the QB throw the short fade route.