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Great Catch V1
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SIDE-TO-SIDE DRILL



STEP 1

Position the ball horizontally, pointed at you. Grab the middle of the football with one hand.

STEP 2

In one quick motion pass the football to the opposite hand.

STEP 3

Continue passing side-to-side as fast as possible.

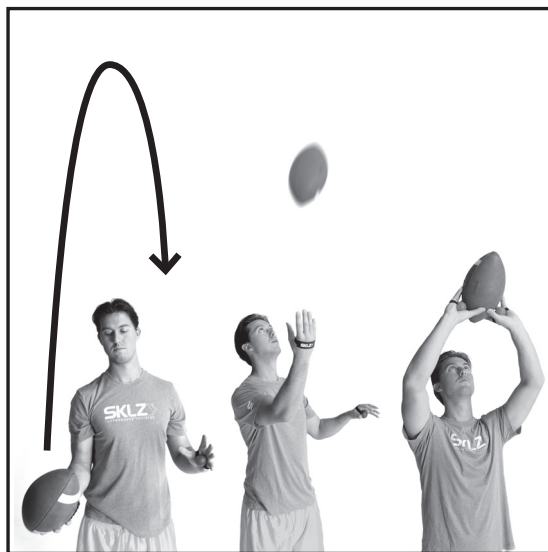
TRAINING TIP:

For more advanced players, try this drill with the ball behind your back.

FEEL IT:

Builds fingertip control and strength.

TOSS UP DRILL



STEP 1

Toss the football straight up into the air and catch it with both hands.

STEP 2

Focus on catching the point of the ball using your fingertips.

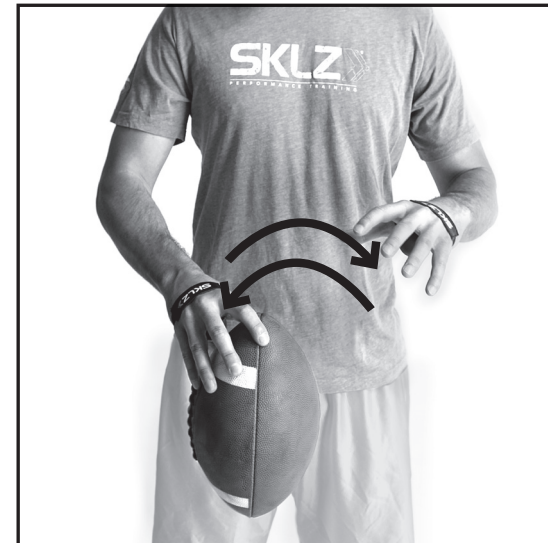
TRAINING TIP:

For more advanced players, try catching the ball with one hand.

FEEL IT:

Builds fingertip control and strength.

DROP DRILL



STEP 1

Position the ball vertically and hold from the top with one hand.

STEP 2

In one quick motion drop the ball and immediately catch the top point of the football with the opposite hand.

STEP 3

Repeat this as fast as possible.

FEEL IT:

Builds fingertip control and strength.