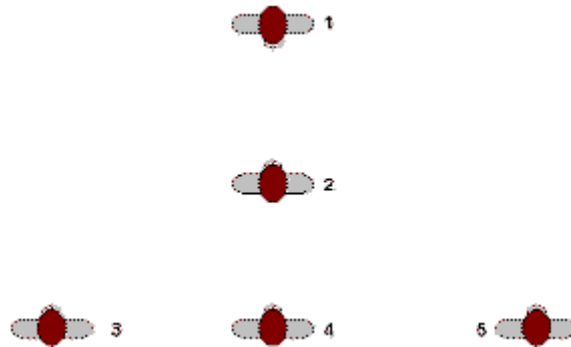


## Pyramid

### **Set Up:**

5 players stand in a "T" type formation, side by side all 5 yards apart. 3 footballs, one at top, one at back row in middle, one in back row at side. Coach should stand at side ready to make changes every 60 sec or desired amount of catches.



### **Procedure:**

Player at the top (1) throws his ball to player in middle (2), and then receives a ball from the player in back left corner (3). At the same time player in back middle (4) throws his ball to player to his left (5) and then turns to receive a ball from player in the middle (2). The player in the back right (5) throws his ball to the player on top (1). The circuit is continuous and players change positions every 20 catches.

### **Coaching Points:**

The player in the back middle alternates throwing his ball to left then to the right. All players should avoid tossing the balls like an "option" pitch, instead they should throw the ball like a QB would. We make a challenge to the receivers to make it through without a drop.

### **Objective:**

High reps in minimum time.  
Find ball and focus.