

## Football Drills

### Throwing

- <https://www.youtube.com/watch?v=4yqDtnakFxs>
- <https://www.youtube.com/@QuarterbackAcademy>

### Catching

- <https://youtube.com/shorts/-1PIhjL2-Dg?si=jfGxhA7XtDjGNjy9>.
- [3 Catching Drills for Youth Football Players | Improve Catching for Football \(youtube.com\)](#)

### Blocking

- [Heads Up Blocking - Youth - Stance \(youtube.com\)](#)
- [Football Offensive Line Down Block--Coach Jon Wiemers \(youtube.com\)](#)

### Tackling

- <https://www.youtube.com/watch?v=4wnuWV8Tbxs>
- <https://www.youtube.com/watch?v=MS8bRNwGX74>

### Kicking

- [TOP TIPS for Kicking Field Goals!\(Kick Higher and Farther!\) Part 2 \(youtube.com\)](#)
- [How to punt a football HIGHER and FARTHER! \(youtube.com\)](#)

### Speed

- <https://www.youtube.com/watch?v=wd6UESSBok0>
- [RB Drills w/ Christian McCaffrey to Improve Quickness and Footwork! \(youtube.com\)](#)