

THE ANATOMY OF ROUTE RUNNING

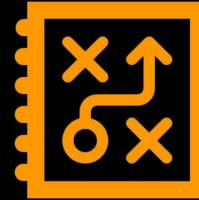
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WR Unit
TRAINING
CMHSF

ANATOMY



- A study of the structure or internal workings of something.
- Think about route structure, how do I really run great routes to get open?

WHAT ARE THE BIG 3 COMPONENTS NEEDED TO RUN A ROUTE

- STANCE
- RELEASE
- STACK

“S-R-S”

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STANCE

01 **BALANCED
STANCE**

02 **STABLE
STANCE**

03 **80% ON FRONT LEG
20% ON BACK LEG**

04 **HANDS READY
TO FIGHT**

- IS MY STANCE TOO TIGHT? IS MY STANCE TOO LONG?
- NAIL IN FRONT FOOT

RELEASE

YOU HAVE TO GET OFF THE PRESS/JAM IN ORDER TO WIN AT WR!!!!

WHEN DO I USE A RELEASE?

PRIMARY Point of contact (At the line of scrimmage)

SECONDARY Point of contact (Off man- LB pushing to zone)

WHAT TYPE OF RELEASES DO YOU HAVE IN YOUR TOOLBOX?

WHEN YOU USE A TYPE OF RELEASE?



TYPES OF RELEASES

SPEED

- Flat footed DB or slow.
- Change levels by dipping shoulder avoid the punch and GO!

SINGLE JAB

- DB is opposite of where you want to go.
- Example: Inside leverage on a go route. Stick and GO!

DOUBLE JAB

- DB is where you want to go, we must use our feet to move them.
- Example: Inside leverage on a post route. In-Out-In-GO!

SPLIT RELEASE

- DB is even giving WR a 2-way go.
- Example: Even press. Come to balance, foot fire, rock then go take open lane

STACK

- AFTER GETTING PASSED THE PRIMARY POINT OF CONTACT AND IN FRONT OF THE DEFENDER
 - PUT THE DEFENDER BEHIND YOU IN CHASE POSITION
 - GIVE YOURSELF A "4 WAY GO"
 - VERTICAL, POST, OUT OR IN
- DEFENDER IS IN PANIC MODE AND HAS TO MAKE A DECISION
 - DB HAS A 25% CHANCE TO BE CORRECT

KEYS TO ROUTE RUNNING

NO FALSE STEPS

- Moving front foot
- Steps behind the line of scrimmage
- Eliminate unnecessary movements

CLOSE THE CUSHION

- "Step on Toes"
- Eliminate space between WR and DB

DRIVE PHASE

- Do not pop straight up
- Keep your lean
- Maximize stride length and speed

CONTROL PHASE

- Be in control of your body
- Change tempo/speed

KEYS TO ROUTE RUNNING

PLANTING FOR OUT CUTS

- 90s:
 - Outs □ Inside Leg
 - Ins □ Outside Leg

PLANTING FOR POST / CORNER

- 60s:
 - Corner □ Inside Leg
 - Post □ Outside Leg

GETTING OUT OF BREAKS

- Get out in 3 steps on 45s and 90s
- Weight over toes
- Explode out of breaks to create separation

TRACK THE BALL

- Eyes
- Hands
- Tuck



STEM

- WHEN TO STEM?
- DEFENDER IS ALIGNED INSIDE OR OUTSIDE LEVERAGE
- ATTACKING DEFENDERS LEVERAGE WHILE RUNNING AT AN ANGLE
 - GETTING PARALLEL OR IN LINE WITH DEFENDER
 - GETTING IN PROPER POSITION FOR A RELEASE
- ELIMINATES DB UNDER CUTS-BEATING WR TO THE BALL

QUICK NOTES

- STANCE + RELEASE + STACK = PRESS MAN
- STANCE + STEM + RELEASE + STACK= OFF MAN/ZONE
INSIDE LEVERAGE
 - ALWAYS PUSH TO DEPTH
- Ex: 15 Yard come back don't break it at 12 yards
 - KNOW YOUR LANDMARKS
- Corner route-Back pylon , front pylon or break flat

DRILLS

- STANCE STARTS & RELEASES

- EXPLODING 90s

- BREAKING AT 45

- BOX / FIGURE 8

- COMBINING DRILL WORK AND ROUTE RUNNING


- CONFIDENCE CATCHES

**MOST IMPORTANTLY
CATCH THE BALL!!**

Or play DB 😊

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