

Within each skill is a progression that provides steps to help athletes perform and coaches to teach that skill. The Running & Receiving skill is broken down into four Skill Elements: Feet/Footwork, Arms/Hands, Vision, Finish. Within each core Skill Element are detailed Key Performance Indicators (KPIs) that help coaches see where the athlete excels and where more work is needed. These are listed in each box in the chart and broken down by age.



	FEET/FOOTWORK	ARMS/HANDS	VISION	FINISH	FITNESS
5+	<p>Stance</p> <ul style="list-style-type: none"> Two-point stance Equal weight distribution No false steps Inside foot forward <p>Start</p> <ul style="list-style-type: none"> No false steps Push off front leg Hip drive from back leg Proper foot strike Contralateral arm motion aligns with lower body movement 	<p>Arm/Hand Position</p> <ul style="list-style-type: none"> Hands up, fingers spread (receiving) Make a diamond shape with hands (receiving) Arms against body to create pocket for handoff (running) Near arm up during handoff (running) 	<p>Locate</p> <ul style="list-style-type: none"> Get the head around (receiving) Find the ball (receiving) Eyes up, looking ahead (running) 	<p>Ball Security</p> <ul style="list-style-type: none"> 5 points of pressure Ball in the outside arm 	<p>Agility: Unified Fitness Kit Cards - Hoop Walking + Hoop High Knees</p> <p>Endurance: High 5 - Walking + Jogging + Running</p> <p>Flexibility: High 5 - Triangle Pose + Table Pose</p> <p>Strength: High 5 - Bicep Curls + Arm Extensions</p>
8+	<p>Stance & Start, plus:</p> <p>Ball Carriage</p> <ul style="list-style-type: none"> Accelerate and decelerate with body control Maintain body control within different body orientations <p>Tempo</p> <ul style="list-style-type: none"> Stop and go with body control Adjust speed to the needs of the scenario 	<p>Arm/Hand Position, plus:</p> <p>Catch Radius</p> <ul style="list-style-type: none"> Adjust hands/arms based on flight of the ball (receiving) <p>Long Arms</p> <ul style="list-style-type: none"> Extend hands/arms towards the ball (receiving) Catch the ball at the highest point (receiving) 	<p>Locate, plus:</p> <p>Track</p> <ul style="list-style-type: none"> Focus on tip of ball (receiving) Judge depth and distance of ball (receiving) Stay on your track (running) 	<p>Ball Security, plus:</p> <p>Transition</p> <ul style="list-style-type: none"> See the ball through tuck Feel the ball on stomach Clamp down on the ball during handoff (running) 	<p>Agility: Unified Fitness Kit Cards - Hoop Hop Forward + Side Shuffle</p> <p>Endurance: High 5 - Running + Skipping</p> <p>Flexibility: High 5 - Ragdoll Pose + Spider Pose</p> <p>Strength: High 5 - Calf Raises + Modified Plank</p>

Note: Please make adaptations where and when as needed for these activities.

LOOKING FOR MORE SKILL INSTRUCTION & DRILLS?

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RUNNING & RECEIVING

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	FEET/FOOTWORK	ARMS/HANDS	VISION	FINISH	FITNESS
10+	Stance, Start, Balance & Tempo, plus: Top of the Route <ul style="list-style-type: none"> Breakdown and sink the hips Plant the foot Locate the ball (receiving) 	Arm/Hand Position, Catch Radius & Long Arms	Locate, Focus & Track	Ball Security & Transition, plus: Run Through Catch <ul style="list-style-type: none"> Continuous movement through catching motion (receiving) 	Agility: Unified Fitness Kit Cards - Zig Zag + Hoop Running + Hoop Jump Sideways Endurance: Unified Fitness Kit Cards - Basic Jump Rope + High 5 Galloping Flexibility: High 5 - Butterfly Stretch + Chest and Shoulder Stretch Strength: High 5 - Calf Raises + Crab Kicks
12+	Stance, Start, Balance, Tempo & Top of the Route, plus: Break the Cushion <ul style="list-style-type: none"> Close the space between you and the defender 	Arm/Hand Position, Catch Radius & Long Arms	Locate, Focus & Track	Ball Security, Transition & Run Through Catch	Agility: Unified Fitness Kit Cards - Side to Side Jump Rope + Square Drill Endurance: High 5 - High Knees Jog in Place + Mountain Climbers Flexibility: High 5 - Triceps and Side Stretch + Standing Knee Hugs Strength: High 5 - Pushups + Squats

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