

# WIDE RECEIVER MANUAL - Level Up Training / Slot & X WR



WR & Skill | Off-Season Development:

Intelligence meets athleticism. This program is not about standard route running; it is the mastery of functional movement, spatial awareness, and decision speed. Designed for high-caliber athletes, this series focuses on the technical nuances that separate standard players from elite playmakers. We refine the mechanics of the break, the science of the catch, and the cognitive ability to dissect coverages in real-time.

## Core Development Pillars

- **Mechanical Efficiency:** Reducing redundant footwork to create elite break-in and break-out speed.
- **Functional Body Control:** Mastering center-of-gravity shifts for fluid, explosive movement.
- **Spatial Intelligence:** Developing the field vision and zone awareness required to find and exploit space.
- **Catch Dominance:** Advanced high-point techniques and contested catch timing under pressure.
- **Cognitive Processing:** Increasing decision speed and pre-snap plan development.

Phase	Development Focus	End Goal
Phase 1	Functional Foundations	Efficient Movement. Establishing a baseline of fluid body control and mobility.
Phase 2	The Break Point	Mechanical Sharpness. Eliminating wasted steps in and out of transitions.
Phase 3	Ball Skills & IQ	Air Superiority. High-point mastery combined with walk-through coverage recognition.
Phase 4	Game-Speed Integration	Tactical Mastery. Full-speed execution with integrated decision-making plans.

**LEVEL UP: ELITE SKILL POSITION SERIES**  
**WR & Skill Position Off-Season Development**

<b>Program Detail</b>	<b>Information</b>
<b>Standard Session Duration</b>	<b>75 Minutes</b>
<b>Focus Areas</b>	<b>WR / Skill Positions</b>
<b>Location</b>	<b>St Paul's Community Sports Academy</b> <b>or</b> <b>John Cabot Academy in Bristol</b> (Online programs available at request)
<b>Entry</b>	<b>Limited Availability (Selective Enrollment)</b>

**Master the “why”, dominate the “what”. Elevate your Football IQ and physical output to the professional standard.**

Apply for the next developmental series at  
[tim-lukas.com](http://tim-lukas.com)

