

DRILL

INSIDE HANDOFF



SKILL

RUNNING

EQUIPMENT

CONES, FOOTBALLS

OBJECTIVE OF THE DRILL

TO TEACH THE PROPER FUNDAMENTALS OF AN INSIDE HANDOFF



SETUP AND EXECUTION

1. SET UP CONES TO IDENTIFY THE OFFENSIVE LINE POSITIONS
2. HAVE PLAYERS ROTATE POSITION AMONG QUARTERBACKS AND RUNNING BACKS
3. RUNNING BACK SHOULD TAKE A STRAIGHT DIRECTIONAL STEP TOWARD THE TARGET CONE
4. QUARTERBACK STEP AWAY FROM LINE AND TOWARD RUNNING BACK
 - a. quarterback should extend the ball with his hand into the pocket of the running back
5. RUNNING BACK RECEIVES HANDOFF WITH FUNDAMENTALS BELOW

COACHING POINTS

1. THE INSIDE ARM COMES UP SO THE FOREARM IS ACROSS THE TOP OF THE CHEST WITH THE HAND DOWN AND THE FINGERS SPREAD
2. THE OTHER FOREARM RESTS ACROSS THE BOTTOM OF THE NUMBERS WITH THE PALM UP
3. BOTH ARMS AND HANDS FORM A POCKET
4. THE PLAYER GRIPS THE BALL, COVERING THE TIPS OF THE BALL WITH BOTH HANDS AND PULLING THE BALL CLOSE THE BODY
5. BRING FOOTBALL TO CHEST WITH BOTH HANDS AND SLIDE TO ONE SIDE OF BODY ONCE SECURE