

DRILL SWEEP HANDOFF



SKILL

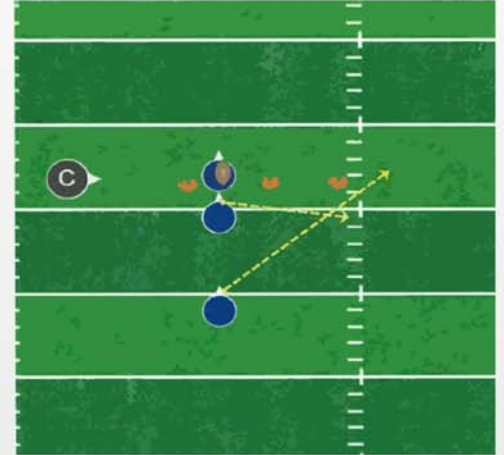
RUNNING

EQUIPMENT

FOOTBALLS, CONES

OBJECTIVE OF THE DRILL

TO TEACH THE PROPER FUNDAMENTALS OF A SWEEP HANDOFF



SETUP AND EXECUTION

1. SET UP CONES INDICATING THE LINE OF SCRIMMAGE
2. ON THE SNAP COUNT, THE QUARTERBACK SHOULD RECEIVE THE SNAP, SEED THE BALL AND PUSH OFF THE FOOT OPPOSITE THE OF THE HANDOFF

3. IN MAKING THE HANDOFF, HE SHOULD TAKE A SHORT STEP WITH HIS OTHER FOOT INTO THE BACKFIELD AND FACE THE GOAL LINE
4. THEN HE SHOULD TAKE A SECOND STEP TOWARD THE RUNNING BACK, EXTENDING THE BALL WITH HIS HAND INTO THE POCKET OF THE BACK

COACHING POINTS

1. IN MAKING THE HANDOFF, THE QUARTERBACK SHOULD AVOID RAISING UP AND AFTER THE HANDOFF, HE SHOULD CARRY OUT HIS FAKE

2. BE SURE TO ROTATE PLAYERS THROUGH THE POSITIONS AND IN DIFFERENT DIRECTIONS FOR THE HANDOFF