Practice Planner Hand Offs



Skill Lesson - Running Back Perspective





Practice Planner Hand Offs



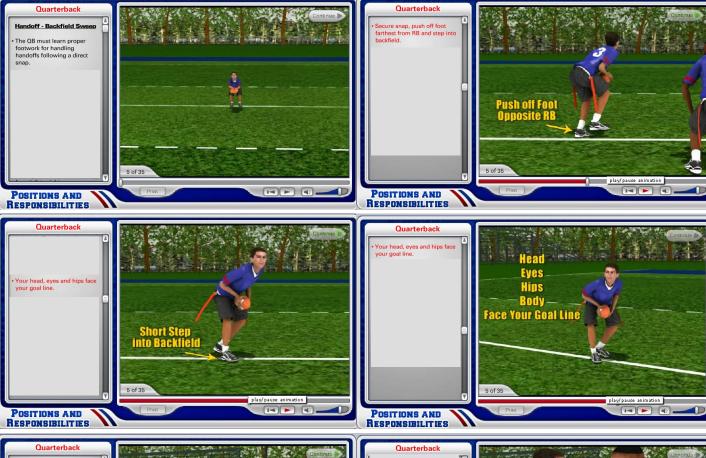




Practice Planner Hand Offs



Skill Lesson - Quarterback





Practice Planner Hand Offs



Drills

- Simply practice skill set taught
- Begin by walking through it, then increase to game speed
- Focus on "hand" work and then, if necessary, footwork
- Remember to go both to the left and right