

# Practice Planner

## Hand Offs



### ● Skill Lesson - Running Back Perspective

**Running Back**

**Receiving a Handoff**

- To take a handoff coming across the backfield, start in a two-point stance.

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**POSITIONS AND RESPONSIBILITIES**

**Running Back**

- Take a crossover step with the foot opposite the QB, then a step with your other foot.

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**POSITIONS AND RESPONSIBILITIES**

**Running Back**

- Take a crossover step with the foot opposite the QB, then a step with your other foot.

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**POSITIONS AND RESPONSIBILITIES**

**Running Back**

- Place the arm closest to the QB across the top of your chest, with your palm down and fingers spread.

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play/pause animation

**POSITIONS AND RESPONSIBILITIES**

**Running Back**

- Place your other arm across the bottom of your numbers with your palm up.

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Print

play/pause animation

**POSITIONS AND RESPONSIBILITIES**

**Running Back**

- Form a "pocket" for the ball with your arms and hands.

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**POSITIONS AND RESPONSIBILITIES**

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## Hand Offs



### Running Back

- Cover the tips of the ball with both hands and pull it close to your body.



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play/pause animation

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**POSITIONS AND RESPONSIBILITIES**

### Running Back

- Shift the ball to the side of your body away from defenders.



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play/pause animation

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**POSITIONS AND RESPONSIBILITIES**

### Running Back

- Keep one tip of the ball in your palm and the other in your elbow joint.



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play/pause animation

Print

**POSITIONS AND RESPONSIBILITIES**

# Practice Planner

## Hand Offs



### ● Skill Lesson - Quarterback

**Quarterback**

**Handoff - Backfield Sweep**

- The QB must learn proper footwork for handling handoffs following a direct snap.

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POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Secure snap, push off foot farthest from RB and step into backfield.

Push off Foot Opposite RB

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Print

play/pause animation

POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Your head, eyes and hips face your goal line.

Short Step into Backfield

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Print

play/pause animation

POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Your head, eyes and hips face your goal line.

Head Eyes Hips Body Face Your Goal Line

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Print

play/pause animation

POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Take another step straight back, stick ball in runner's stomach.

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POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Use right hand if RB is moving from left to right.
- Use left hand if RB is moving from right to left.

Place Ball Securely

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Print

POSITIONS AND RESPONSIBILITIES



# 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