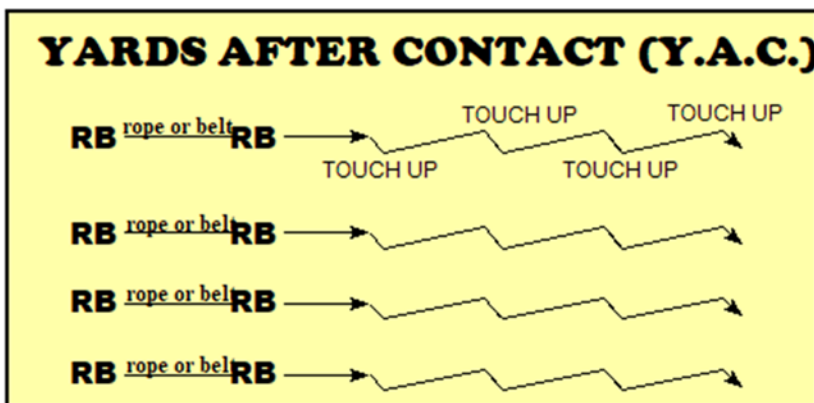


YARDS AFTER CONTACT

Backs loop extra practice belt around their waist with metal hook to his backside. Then hook a 2nd belt to those hooks so partner standing behind him has something to hold onto. As the RB runs forward, his partner holds the belt trying to prevent movement. We will start with a 30yd run holding belt entire time. Then we will let go of the belt after 20yds, then after 10yds so the RB can feel the acceleration. When the belt is released, the RB touches the ground with 1 hand, “pushing” up and switching the ball into opposite hand.



THIRD LEG POP UP

- Players stand in place on one foot, non-ball hand touching ground. Jump and switch ball to other hand while in the air. Land on the opposite foot
- Players just run down the field alternating the off-ball hand touching the ground. Switch ball into opposite hand as quickly as possible.
- Players run down the field, bent over, with the same hand touching the hand. Do not switch hands. Will kind of “bob”
- See picture at bottom of this page. Player bear crawls laterally over 3 bags with off hand on the ground. Coach is hitting player with bag.

