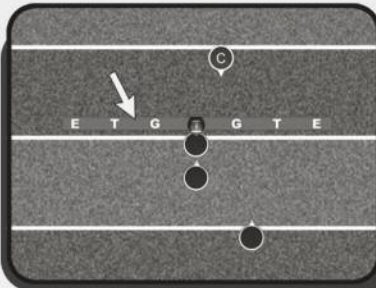
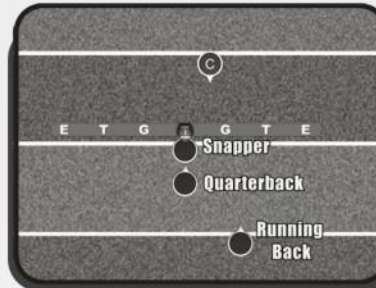


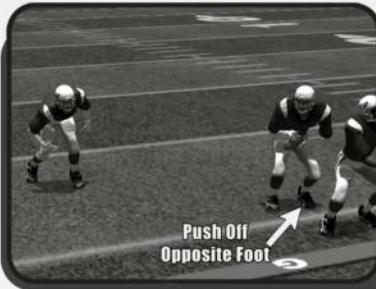
Inside Handoff



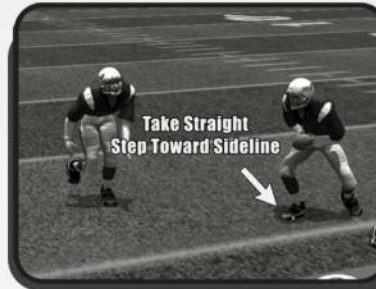
01 ★
Set up cones to identify the OL positions or use LUM tape.



02 ★
QB's rotate positions among snapper, running back and quarterback.



03 ★
On snap count, QB receives the snap, seeds the ball and pushes off opposite foot.



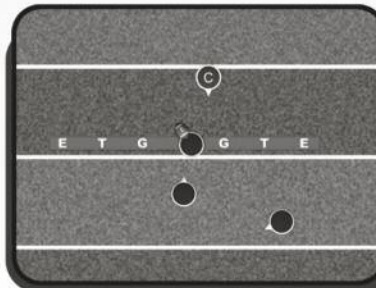
04 ★
He takes straight directional step with other foot and faces the sideline.



05 ★
He then takes 2nd step toward RB, extending ball into pocket of RB.



06 ★
QB avoids rising up on his toes and carries out his fake.



07 ★
Rotate players through positions and in different directions.

Notes:

[Blank area for notes]