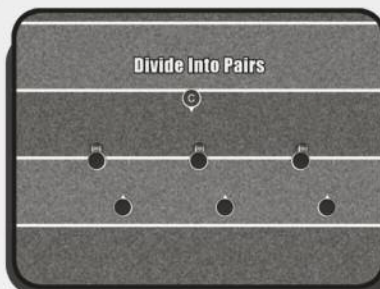


Taking a Handoff



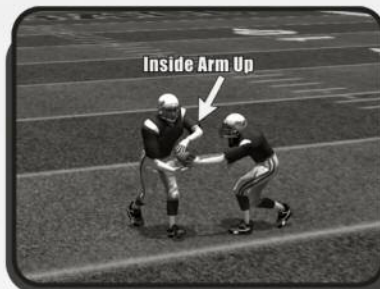
01 ★

Divide RBs into even pairs. One will act as the QB.



02 ★

QB executes a dive hand off to the RB.



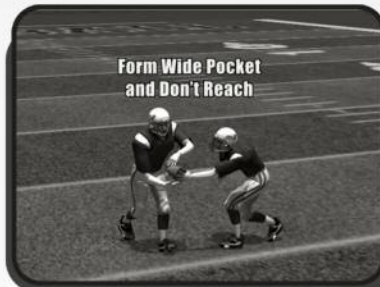
03 ★

Inside arm is up, forearm across top of numbers and hand down with fingers spread.



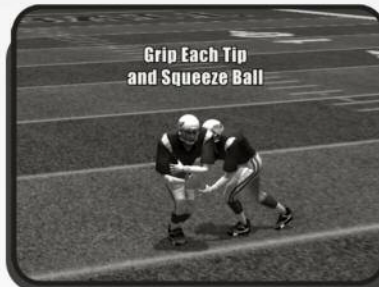
04 ★

Other forearm runs across the bottom of the numbers with palm up.



05 ★

Both arms and hands form a wide pocket.



06 ★

Do not reach for the ball with the hands!



07 ★

Slide ball to one side and secure front tip with hand, back tip with elbow joint.



08 ★

Squeeze ball into rib cage with forearm.

Notes: