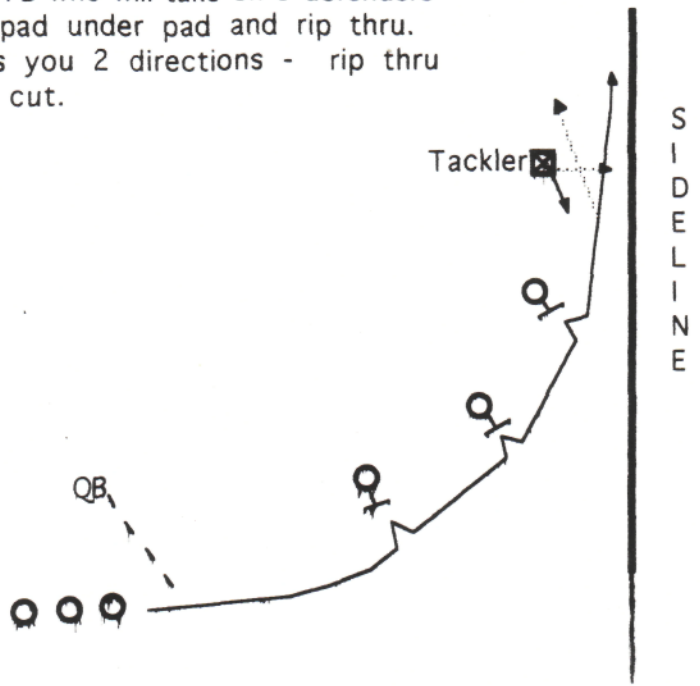
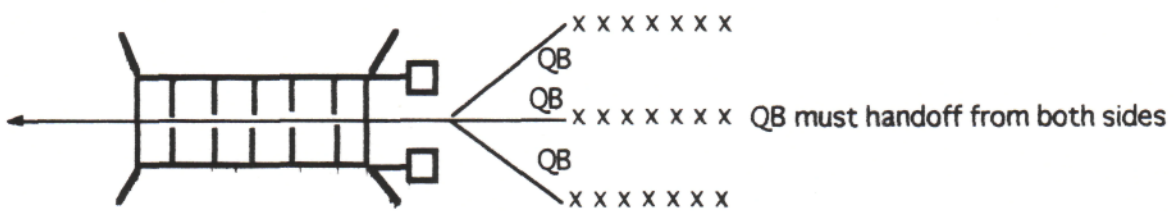


Sideline Drill - Pitch ball to HB / FB who will take-on 3 defenders holding shields - get pad under pad and rip thru.  
 at end - tackler gives you 2 directions - rip thru him or stretch & cut.

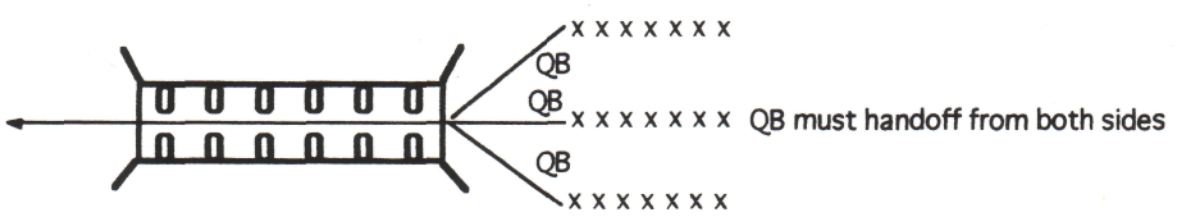


POWER RUNNING DRILLS

1. Blaster - Align. 7 yds away taking hand-off from QB. ( All 3 Angles).  
 Align 3 yds away without QB holding ball - run thru.  
 Hit & Spin then run thru  
 Catch pass then run thru  
 Catch pitch then run thru  
 \*\* Add Barrell Drill at end



2. Tires - Same as above . Key to this drill is keeping shoulders over in middle of tires and the head up!!



CUTTING DRILLS