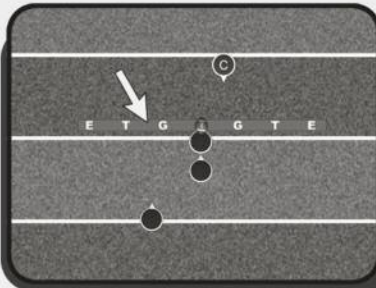
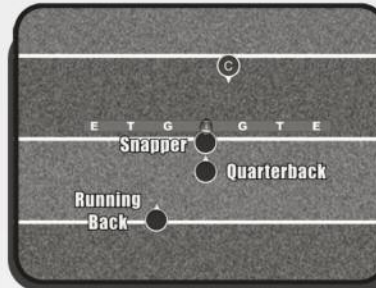


Sweep Handoff



01 ★

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



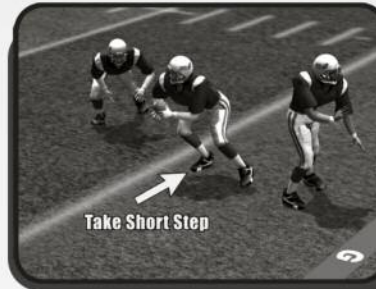
02 ★

QBs 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 short step with other foot and faces the goal line behind him.



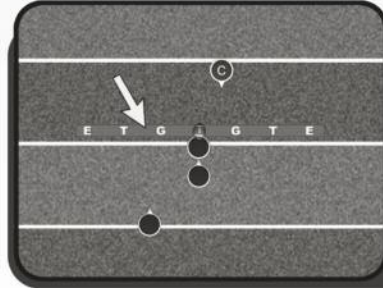
05 ★

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.