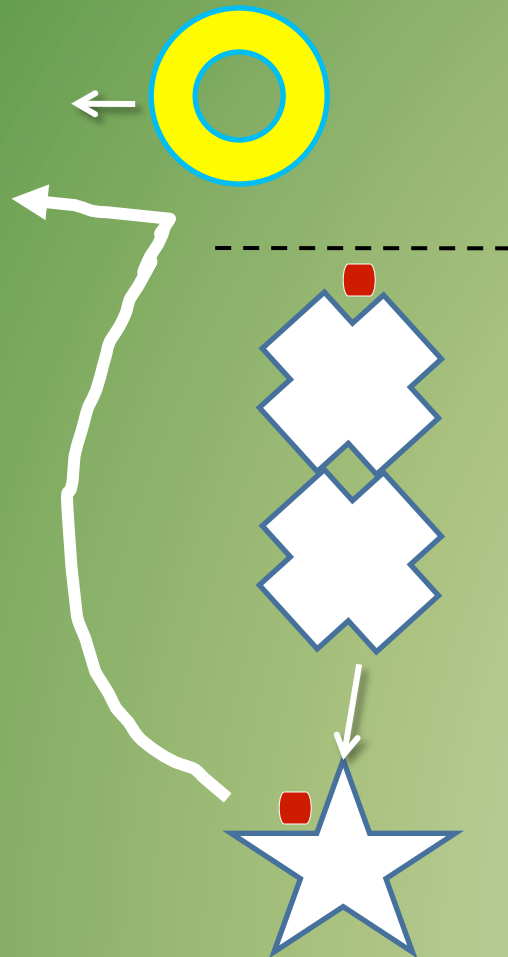


Bag Drill

For Running Backs working on proper handoffs, keeping their head up to make the proper read and cut



Set Up

This drill involves the center, quarterback and running backs.

Execution

The QB takes the snap from the C and hands the football to the RB.

The RB has his eyes upfield running towards a defender (3 yards away).

As the player approaches the defender (can be a coach or dummy), the defender will move to the right or the left, indicating that the back should cut in the opposite direction.

Players should be running at full speed.