Hand-Off Drill

<u>Purpose:</u> How to receive a hand-off

<u>Equipment:</u> Cones, Football, Agility Ladder (or 5 cones)

<u>Set Up:</u> : Set-up 2 cone gates approx. 10 feet apart. Put down an agility ladder between the two gates

<u>Execution:</u>
1. Go over proper way to give and receive a hand-off:
   a. Giving a hand-off: Get the ball away from your body. Hold the bottom of the ball and extend your arm. Place the ball into the RB's chest. Hand should be behind the ball
   b. Receiving a Hand-Off: Big arms with inside arm up. Don't take the ball with your hands. Let the QB put the ball in your chest and close your arms over the ball.
2. Teach the players 1 Agility Excursive, Football work or Jumping (see below)
3. Have half of the group line-up behind each cone gate so they are facing one another. Give the ball to **one** player who is at the front of one of the lines.
4. Person with the ball does the agility exercise down the ladder (example, 2-in, 1-out). Make sure they are properly holding the football while going down the ladder (3-points of contact).
5. Once they complete the ladder, they give a good hand-off to the RB waiting on the other side. The RB properly receives the ball and does the agility exercise back down the ladder.
6. After the player hands-off the ball, they get in the back of the line they just arrived at.
7. Have players continue to go back and forth, focusing on proper hand-off, ball carrying, and football technique.
8. Continue as time permits, changing agility football exercises as needed.

<u>Variations:</u>
- For older kids, have them do 1 agility exercise one way (football) and another exercise when going the other way (jumping)

<u>Agility Exercises:</u>
- Footwork:
  - 2-in/1-out
  - 1-in/2-out
  - Zebra Zags
  - Artic Fox Feet
  - Crab Crossovers
  - Quicksand (footspeed edition)
- Jumping:
  - Hip Swivels
  - Cheetah Splits
  - Reindeer Hops
  - Seahorse Skips
  - Quicksand (Jumping Edition)
  - Ski Jumps