

## CROSSOVER AND STRAIGHT ARM

Level: Basic

Position: OB/BC

### Purpose:

Improving ball carriers open field running using the straight arm and using a high knee crossover technique to make the tackler miss. This is a basic for all ball carriers including receivers who should do ball carrying drills as well.

### Equipment Needed:

1. Stand up dummy
2. Football
3. Pad or no pad drill
4. Helmet not necessary

### Instructions:

1. Ball carrier lines up 7 yards from stand up dummy.
2. Ball should be in outside arm (arm away from dummy).
3. Ball carrier drives at dummy. Straight arm with inside arm and drive inside knee up and across dummy.
4. Resume north/south running.
5. Reform line to go back toward dummy. Go the other way by crossing over in the same direction you did the first time.

### Coaching Tips:

1. Really stress high knee up through tackler's chest.
2. The straight arm should help you gain distance from the tackler.
3. Look where you intend to straight arm.

### Drill Diagram:

Diagram to come