

SIDE STEP AND STRAIGHT ARM

Level: basic

Position: OB/BC

Purpose:

Ball carriers can be very aggressive with their straight arms and elusive with their feel when taught correctly. This is just one of the running drills a ball carrier should learn.

Equipment Needed:

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

Instructions:

1. Ball carrier lines up seven yards from stand up dummy.
2. Ball should be in outside arm.
3. Ball carrier drives at dummy. Make a 90° sidestep while pushing (straight arming) the dummy.
4. Collect (?) your feet and drive straight ahead. Start the new line to go back and sidestep the other way (it will be to the same side).

Coaching Tips:

1. Plant inside foot and spring away. Get foot down quickly.
2. Stress moving away from the defender on the 90° move.
3. Look where you intend to straight arm.

Drill Diagram:

Diagram to come