

HIT AND SPIN

Level: Advanced

Purpose:

Ball carriers can and must be taught to keep their feet at impact. A good forearm is especially valuable for harder, physical runner.

Equipment Needed:

1. Stand up dummy
2. Football
3. Pad or no pad drill
4. Helmet

Instructions:

1. Ball carrier lines up seven yards from the stand up dummy.
2. Ball is in inside arm.
3. Ball carrier dives at dummy. Forearm the dummy with a rising forearm.
4. Spin toward forearm. Collect your fee and finish the run.

Coaching Tips:

1. To forearm correctly, you must drive and explode into tackler.
2. Ball carrier should drive shoulder pad up and through tackler.
3. Spin tight and quick. Get headed up field. Finish the run!

Drill Diagram:

Diagram to come