

Ball Carrier Fakes

1. For a great fake, the BC must start with a pocket formed just like he was receiving the ball.
2. As the QB pulls the ball out, the BC can do a couple of things to make the fake look good.
 - a. As the ball comes out, he can place his arms together in front of himself but shouldn't clench his stomach like he has been shot.
 - b. Make a sharp cut away from the play to draw the attention of the defenders for a split second. This could be the difference between a long run and a touchdown.

Submitted by Mike Stanley