

How to Teach the Handoff

The football is the most important asset on the football field. The offense must handle it with care and score with it if possible. Therefore, handling the ball must be taught properly and clearly. There are at least two people involved in the handoff, the ball carrier and the quarterback.

Ball Carrier Techniques

1. The BC forms a pocket by putting his arm closest to the QB (inside arm) across his chest with this thumb pointing down his sternum. The elbow must stay up and out of the way of the handoff.
2. The lower arm is placed across the hips with the palm of the hand up.
 - a. A common mistake occurs as the BC leans forward and his elbow drops. The elbow needs to stay up, keeping the arm parallel with the ground, no matter how far he bends over.
3. The ball is placed in the pocket to the low, far elbow.
 - a. Often the BC allows his low elbow to fall away from his body creating a space that the ball could fall through. Keep the low elbow tight to the body.
4. As the ball is placed in the pocket the BC controls the ball with the lower arm and hand. As he pulls the ball out it will be in the outside arm and away from most of the defenders.
 - a. See Coaching Nugget on **Ball Carrier Fakes** for how a BC takes and carries out fakes.

Quarterback Techniques

1. Upon securing the snap from center, the QB should have both hands on the middle of the ball.
 - a. Holding on to the end is not secure enough to keep the ball from being knocked out of your hand inadvertently.
2. Place the ball across the BC's body to the far elbow.
 - a. Hook the ball into the pocket. The QB is mainly responsible for the handoff because the runner is looking for the opening to run through.
 - b. By holding the ball in the middle, the QB has a much more secure grip for **faking** as well.