



Balance drill is exactly what it means. Have your running backs start off with same hand and same foot on the ground at the same time. Ball is located in opposite hand. Using five repetitions the ball carrier will rotate hand and foot, rotate the ball to opposite hand as the legs and hands change position on the ground. The down hand is in a vertical position to the ground. Kick the leg up into the air.

After ball carrier has completed his five rep. exchange he then comes up and accelerates five yards and then makes some type of cut at end of drill.