



Have running backs form one line. position three players to either side of the ball carrier. Players should be positioned approximately 3 yards apart. As the ball carrier runs the guantlet players will try and strip ball from the ball carrier.

Ball carrier must cover the tip of the ball and lower his shoulders as he runs the gountlet, don't run straight up and dow.

Have ball carrier place thback of his heels on a line, checking for any false steps by the ball carriers. The false step must be corrected.