



Heels located on back line

No false steps

Form several lines have your running backs facing the coach. Start players off by running in place. On command or by cadence running back will sprint straight ahead for ten yards.

Running back's will carry the football tucked underneath their armpit, with the tip of the football covered with the ball carriers hand.

A key coaching point to to make sure that your running back's don't false step with their first step. Don't allow the first step to go backwards, this is called a false step. The first step should always attack the L.O.S.