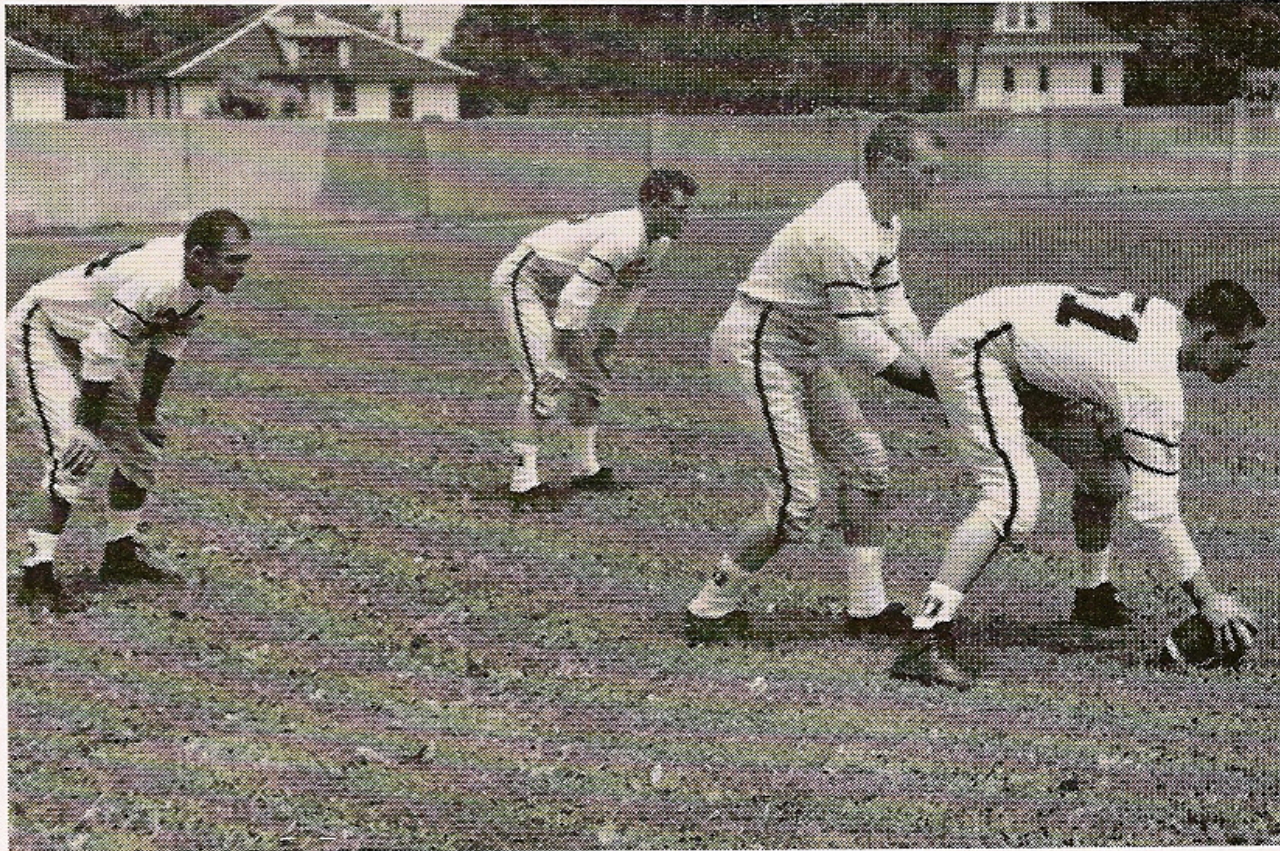


# Backfield Stances



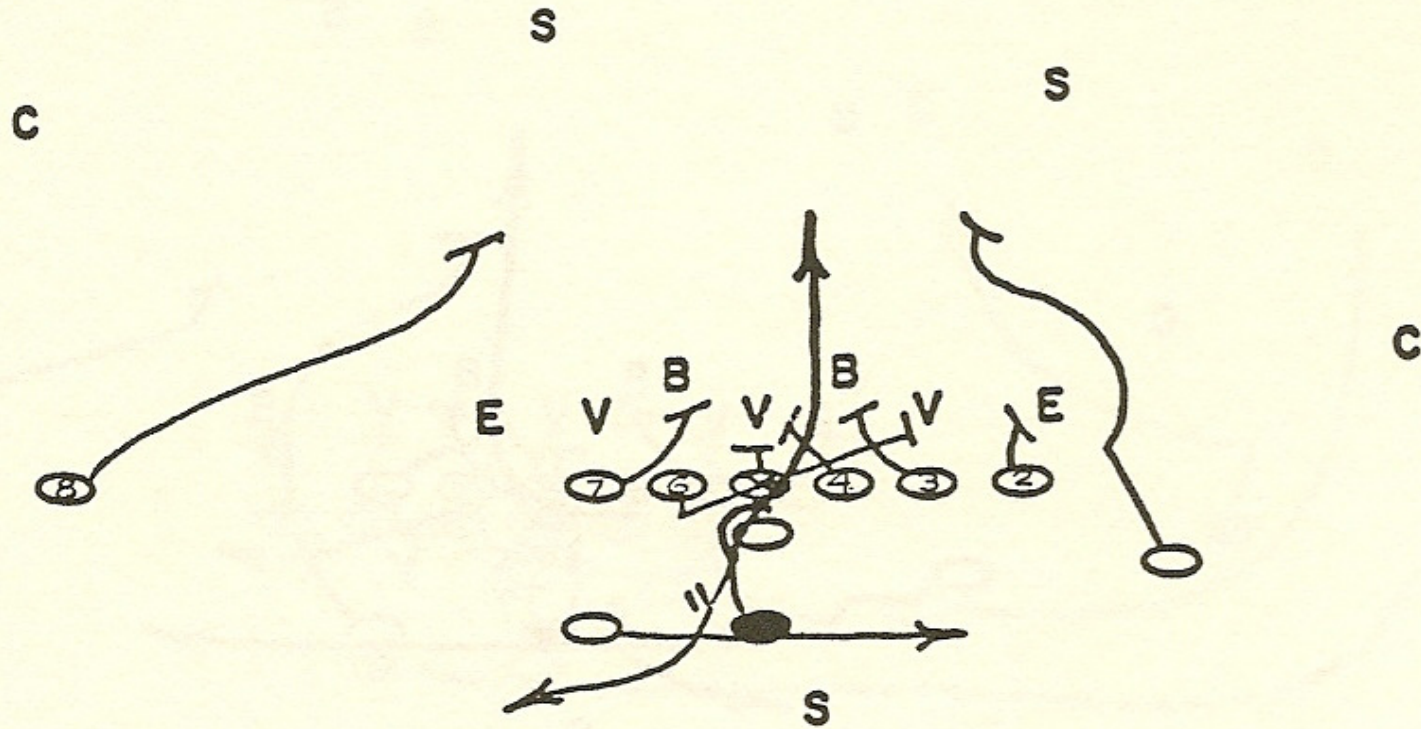
*From Evashevski and Nelson, Scoring Power with the Wing T*

# FB Trap

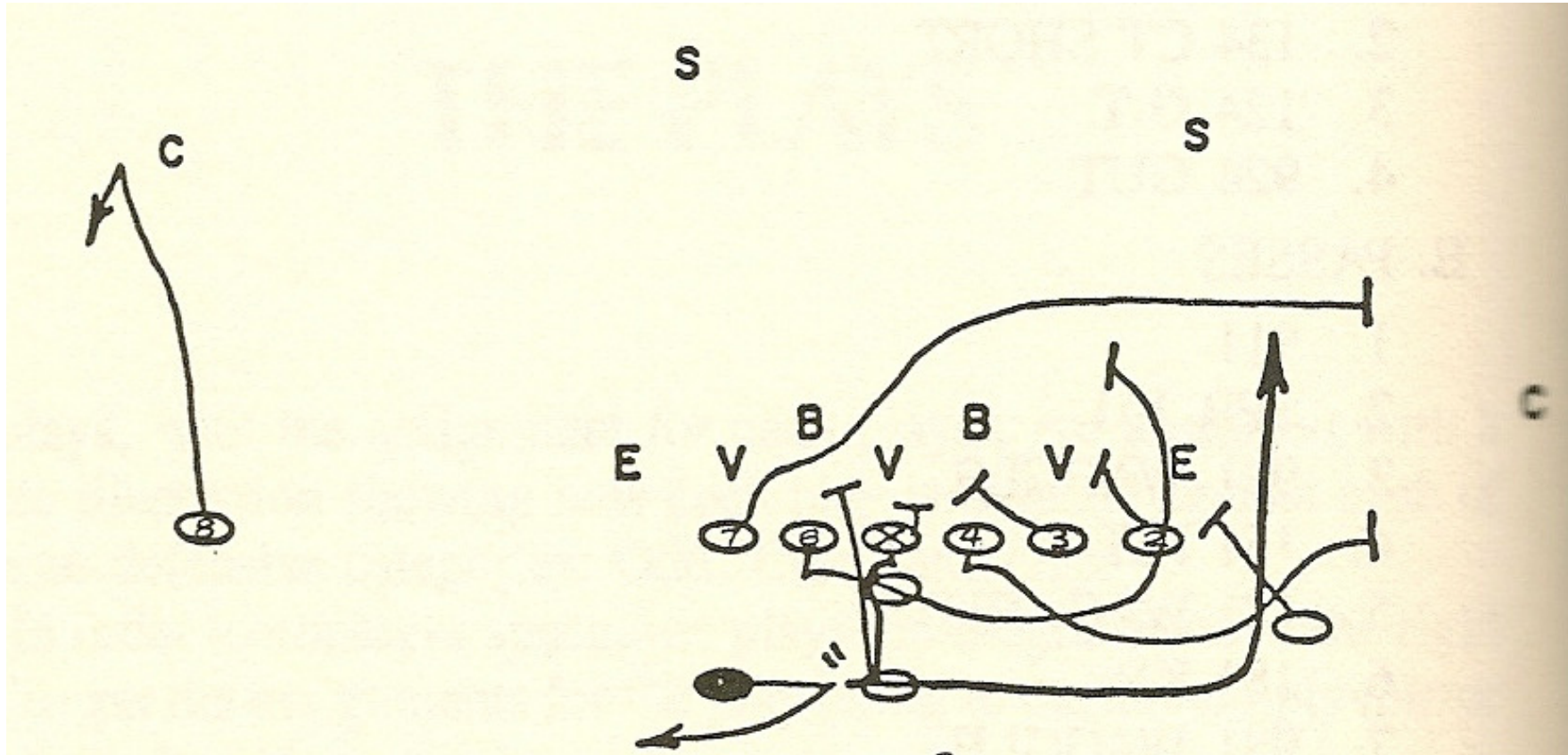
INTERNAL

PLAY \_\_\_\_\_ 124 G.T. \_\_\_\_\_

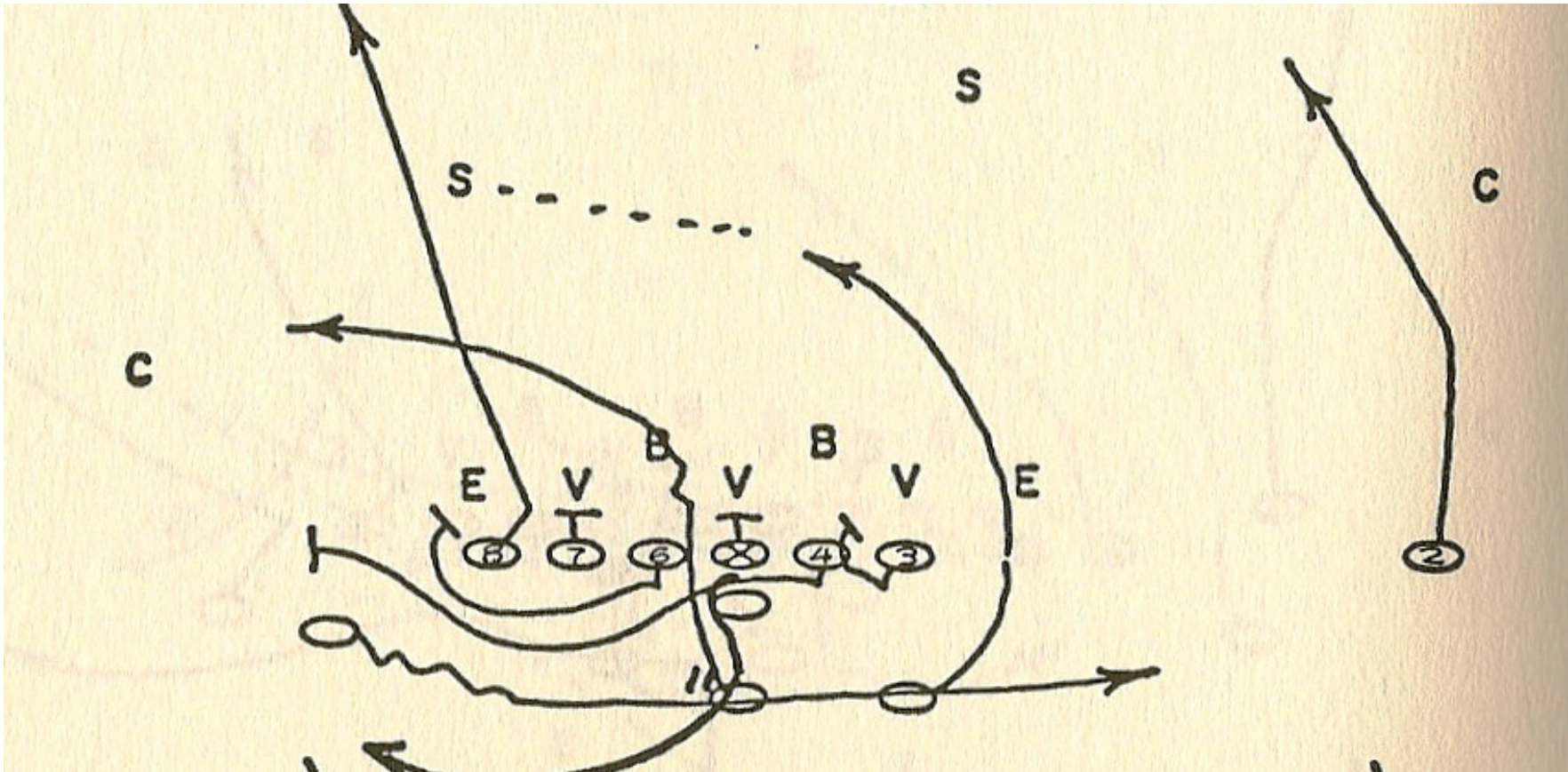
VARIATIONS \_\_\_\_\_



# Buck Sweep



# Waggle



# Quarterback Technique

## Stance:

- Feet 1 foot apart, weight shifted slightly toward the balls of his feet,
- Bend at the waist as he reaches to place hands under the center with elbows locked,
- The top hand is placed firmly against the center's tail with the palm down and parallel to the ground,
- Fingers on top hand are relaxed so as to be able to take the ball in that hand alone
- The thumb of the off hand is placed along the thumb of the top hand
- The off hand is placed at an angle that will not interfere with the ball meeting the top hand
- The ball is initially controlled by the top hand with the off hand in position as an insurance factor
- Knees will be slightly flexed

# Learning The Hand Up

- QB place ball under center exactly where he wants to receive it
- QB holds the ball on the near half with the majority of the ball between the thumb and index finger.
- QB turns the hand so the palm faces downward,
- A line between the thumb and index finger should be parallel to the LOS,
- QB places the thumb of the of hand into the groove of the thumb of the top hand
- The center assumes his stance,
- The QB places the ball the ball under the center in the snap position
- The center places his hand on the ball and removes it about a foot from the QB's hand and then replaces it to the QB's top hand
- The Center repeats the drill removing the ball farther each time until it begins from the ground
- The center pulls the ball firmly into position with a relatively firm elbow - He does not swing it

# QB Control of the Ball

- Upon receiving the snap, the QB rotates the ball a quarter of a turn to the right (for right hander)
- His left hand slides onto the ball he now has the thick part of the ball with his hands on either side
- He then draws the ball quickly to his belt with the near point at his belt and the ball parallel to the ground
- The ball remains in that position until it is faked or handed off

# The QB Reverse Pivot

- As the ball is snapped into his top hand, he shifts his weight to the heel of the pivot foot
- As the ball is being drawn to the belt, the head, shoulders, and hips begin the pivot in that order ahead of the feet
- The first step is made with respect to the sideline according to the play called and the defensive alignment
- It is critical to keep the elbows close to the body and the ball close to the belt



# QB Technique on Sweep Right

- Pivot cleanly on right foot
- The left foot is placed on the midline as he sprints away from the center
- His back is turned from the LOS and the ball is well hidden
- He takes a second step on the midline passing the FB (the FB must avoid him)
- There is no fake to the FB
- On the third step he moves toward the LH and snaps the ball into HB's handoff pocket at forearm length from his body
- The QB and HB are close and should brush shoulders
- The QB then places both hands on an imaginary ball and attacks the flank at a depth of no more than 6 yards from the LOS
- He reads the defensive reaction as he goes

# QB Technique on FB Trap Right

- The first step is made in relation to the midline with respect to the defensive spacing
- Against an odd front the foot is placed one foot across the midline giving the FB a direct shot at the center's right hip
- Against an even front, the foot is placed on the midline giving the FB a direct shot at the center's left hip

# QB Technique on Waggle Right

- Reverse pivot on the left foot while taking a passing grip on the ball
- Stay on the midline
- No fake to FB
- On the third step, jab a ball fake to the RHB faking sweep
- Snap the ball back to the belt maintaining the passing grip
- Extend the left hand as though a handoff was made
- Threaten the flank with speed at a depth of no more than 6 yards
- Make appropriate reads

# Running Back Techniques

## Stance:

- Two point stance feet just wider than shoulders with toes pointed outward
- The ankles, knees and hips are slightly flexed
- The hands are placed just above the knees with no weight placed on the knees
- Dig toes into the ground placing weight on the balls of the feet

## Takeoff:

- When going straight ahead, place more weight on the pushoff foot.
- Use a crossover step when going to the left or right
- The wing aligns with his inside foot back

## Handoff:

- The HB uses the "table & Stop" technique when taking the handoff.
- Place the inside hand on the inside hip with fingers pointed at a forty-five degree angle.
- The other hand is placed at the midline of the abdomen with the fingers pointed downward.
- Keep the inside hand firmly anchored to the hip
- The QB will hand off with one hand

# HB Techniques on Sweep

- Cross over and run through the FB's position
- Receive the handoff on the second step and read the RH's block
- Make a sharp cut upfield or bounce outside depending on the defensive reaction

# FB Technique on Inside Trap

- Versus Odd - Lead with right foot for the tail of the center  
Receive the ball on the second step adjust to the block on the nose man
- Versus Even - Lead with the right foot to the left hip of the center  
Read the defensive tackle playing over the left guard
- FB the Fullback receives the ball with the inside elbow up (thumb pointed downward)
- The other arm is placed across the abdomen forming the handoff pocket