

Quarterback and Fullback Mechanics

**Quarterback once he brings the ball up through the third hand
Wants to reach the football back as deep as possible this, baits
The defender into making a decision.**



To create a good mesh and ride, the fullback wants to show his jersey numbers to the linebackers as he goes through his ride.

Running Back Create Soft Pocket

Running Back should create
A soft pocket through the ride



Ride The Read Over the Front Knee of the QB

Read With Your Eyes and Decide



Ride Over Front Knee of The Quarterback

Cradle the Ball & Rock The Baby



QB cradles and rocks the football