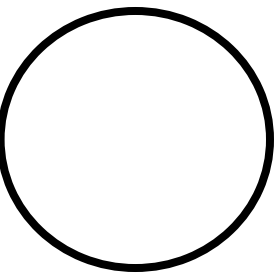
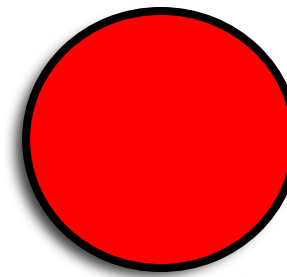
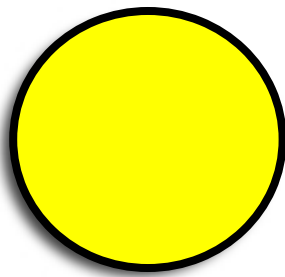
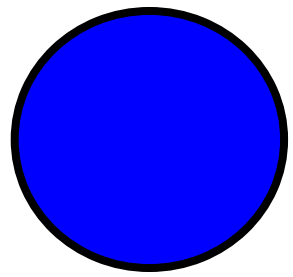
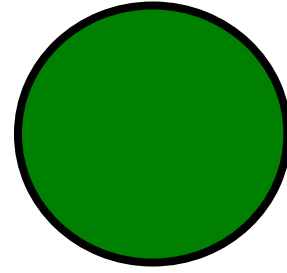


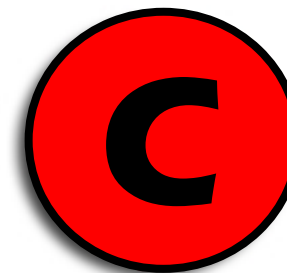
Offense & Defense Alignment



5 Yards



5 Yards



CONES ARE PLACED 5 YARDS APART TO GIVE THE RUNNER SOME SPACE AND TIME TO RUN BEFORE THE DEFENDERS REACTS. ALSO, ON DEFENSE, MAKE SURE THE PLAYERS DON'T GO AFTER THE BALL CARRIER UNTIL AFTER THEY RECEIVE THE HANDOFF.