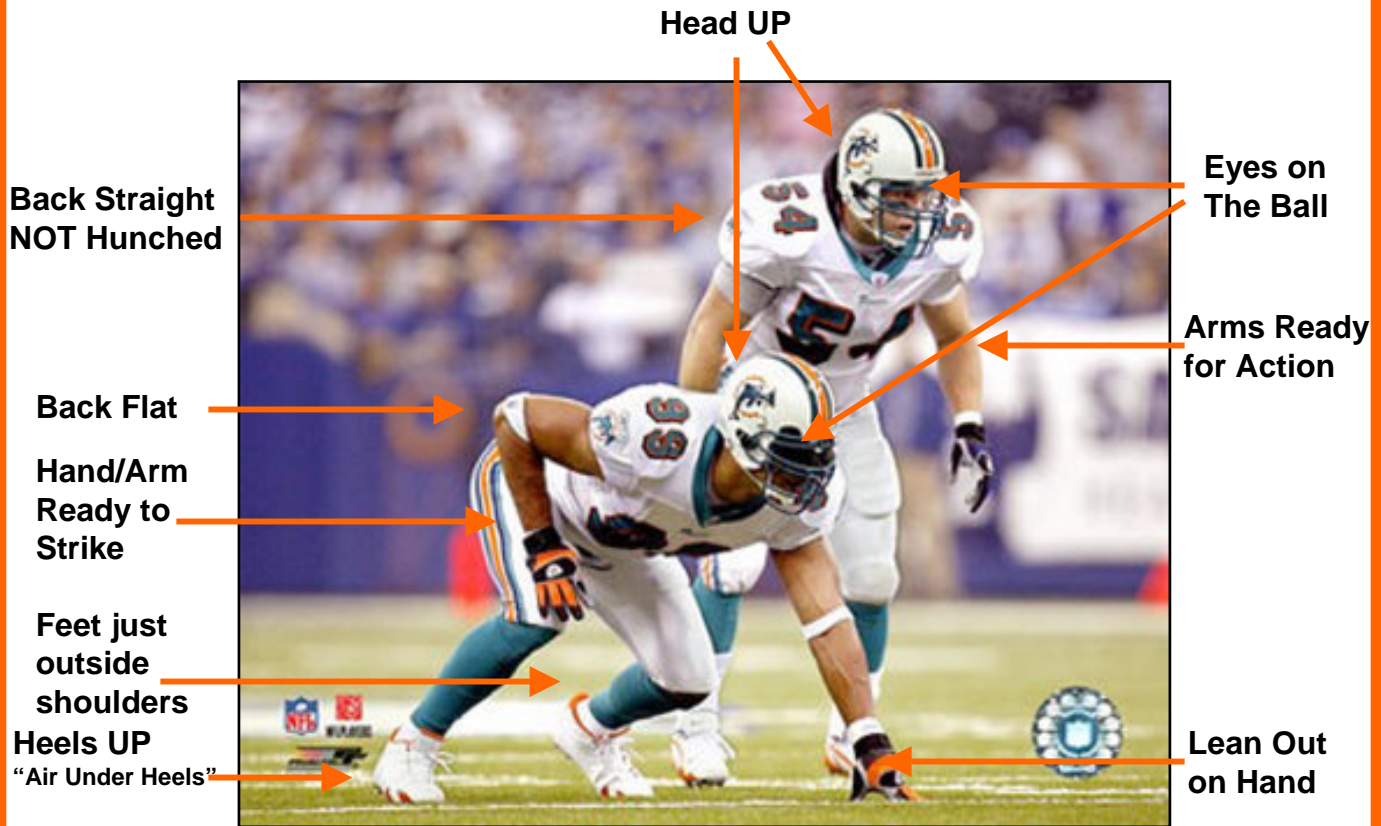




HOMework

OFFENSE & DEFENSE

YOUR STANCE



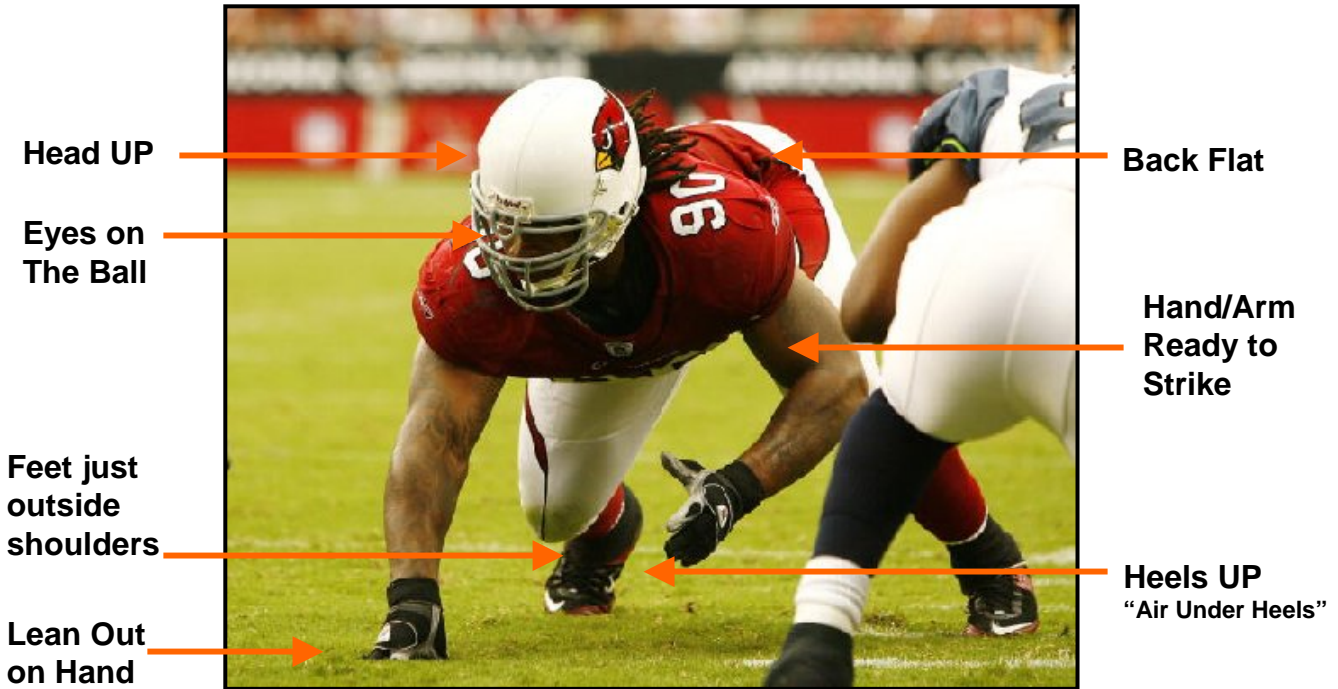
Jason Taylor lines up in a 3 point stance while Zack Thomas lines up in a two point stance.

Your Stance is one of the most important parts of football:

- You must get it right every time in order to do your job properly
- It helps you prepare to block or tackle
- It allows you to be quick/fast
- It's in the rules and is a part of the game!
- Takes practice

OFFENSE & DEFENSE

THREE POINT STANCE



Darnell Dockett #90 Defensive Tackle Arizona Cardinals in a great 3 Point Stance.

HOW TO:

- Feet should be a little outside shoulder width apart
- Breakdown/Ready Position
(Elbows on Knees, Hands Out, Heels Up, Slight Lean Forward)
- Lean Forward place one hand on the ground out in front of you
- Keep your head up
- Know and Listen for the SNAP COUNT if your on Offense
- EYES on the Ball if your on Defense

DEFENSE

4 POINT STANCE



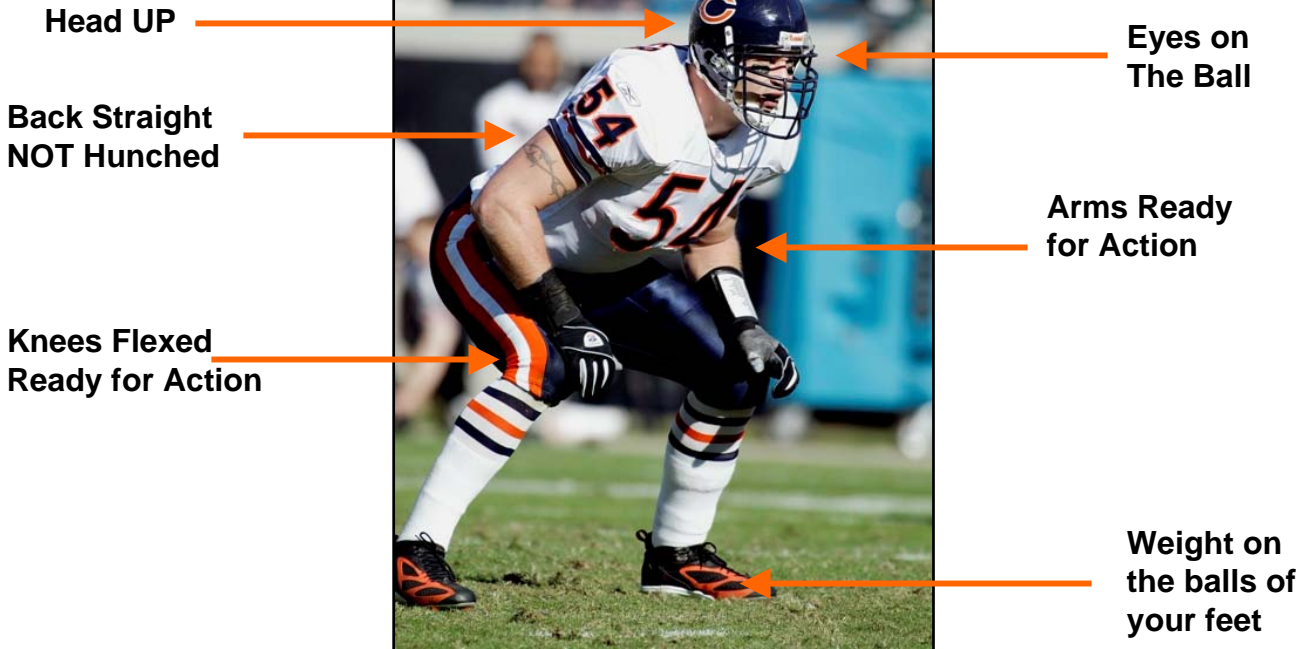
Jason Taylor #99 Miami Dolphins lines up in a 4 point stance

HOW TO:

- Feet should be a little outside shoulder width apart
- Breakdown/Ready Position
(Elbows on Knees, Hands Out, Heels Up, Slight Lean Forward)
- Lean Forward place BOTH hand on the ground out in front of you
- Keep your head up
- Keep your back level/straight
- EYES on the Ball ready to charge forward as soon as the ball moves

DEFENSE

2 POINT STANCE



Brian Urlacher #54 Chicago Bears Linebacker

HOW TO:

- Feet should be a little outside shoulder width apart
- Breakdown/Ready Position
- Keep your head up
- Weight on the balls of your feet
- Keep your back straight (Don't Hunch)
- Arms and hands ready
- Eyes on the Ball