

Flanker / Split End Blocking

- 1) Run at defender working to get on his inside number.
- 2) When the defender stops his back peddle & recognizes the play, the receiver gets under control & mirrors the defender.
- 3) When the defender gets within 2 yards of the receiver, we hit through him by punching with our arms inside the defender's hands.
- 4) Our feet are staggered as we strike our blow.
- 5) Stress running through the block making the defender fight you in order to get to the ball.
- 6) Keep your eyes on the defender's numbers & do not close your eyes or duck your head when making contact.
- 7) Keep you head out of the block. Emphasis is on the punch with our hands.