



Tackle Football Tips

1. How to properly snap a football
 - a. [How to Snap a Football | NFL FLAG Drills - YouTube](#)
2. How to properly throw and catch a football
 - a. [How to Throw a Football | NFL FLAG Drills - YouTube](#)
 - b. [How to Catch a Football | NFL FLAG Drills - YouTube](#)
3. Executing a QB to RB handoff
 - a. [ProTips: Football: Quarterback Tips: Executing the Handoff - YouTube](#)
4. Football security
 - a. [Football Ball Security with Arian Foster - YouTube](#)
5. Intro to route running
 - a. [Intro To Wide Receiver Routes In American Football - YouTube](#)
6. Proper tackling techniques
 - a. [How To Tackle In American Football BEGINNERS GUIDE - YouTube](#)
7. Tackle football positions breakdown
 - a. [American Football Positions Explained | Offense & Defense - YouTube](#)
8. American football basic rules
 - a. [Rules Of American Football EXPLAINED FOR BEGINNERS - YouTube](#)
9. Blocking drills
 - a. [Heads Up Blocking - Youth - Stance - YouTube](#)
10. How to become a better pass rusher
 - a. [3 Football Drills to Become a Better Pass Rusher - YouTube](#)