



Newberg Football
Running Backs(Cat
Backs)

Cat Backs

What makes a Cat Back?

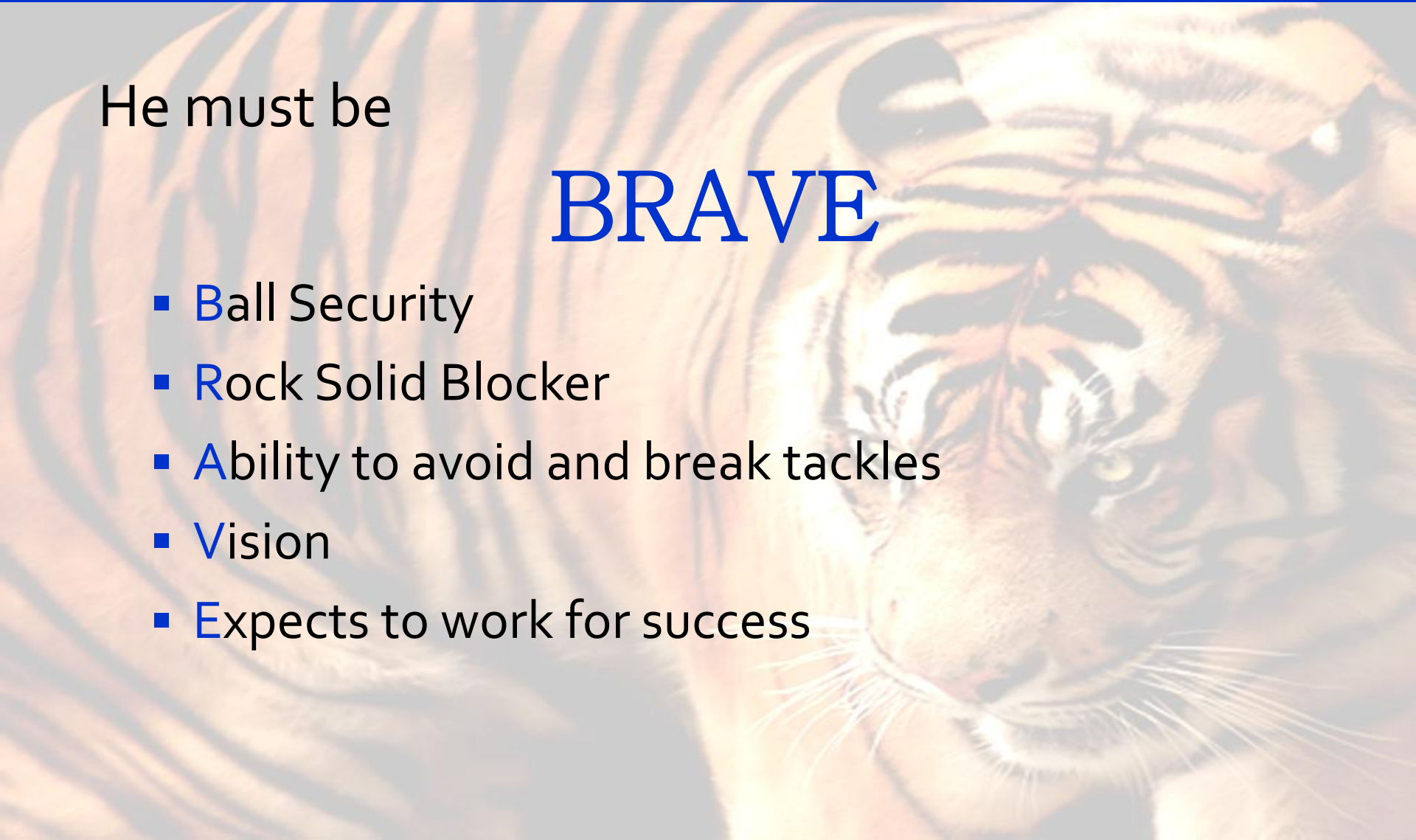


Cat Backs

He must be

BRAVE

- Ball Security
- Rock Solid Blocker
- Ability to avoid and break tackles
- Vision
- Expects to work for success



Cat Backs

3rd / 4th Grade **BRAVE** Skills

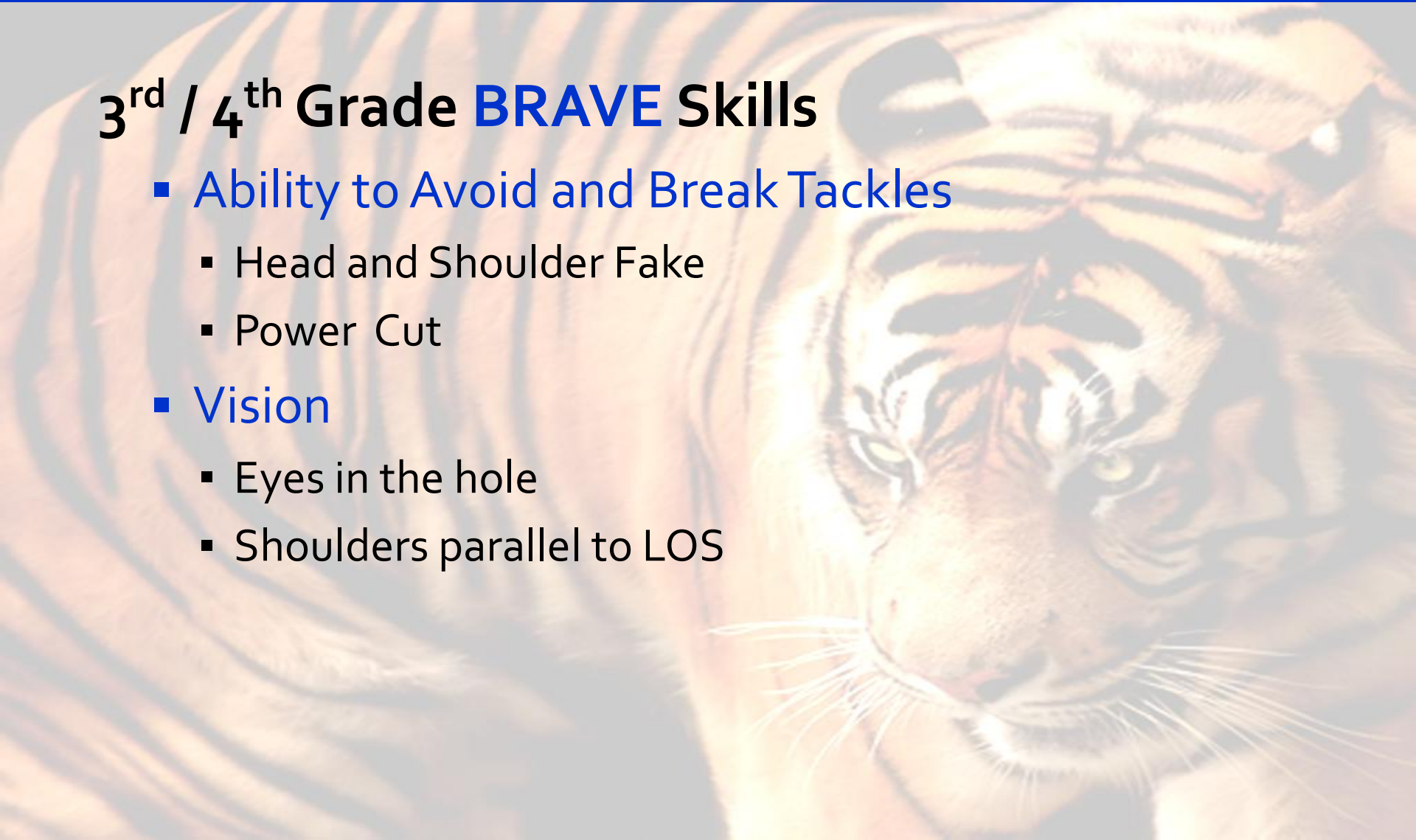
- **Ball Security**
 - How to receive hand off
 - 5 points of contact
 - Finish the Run
 - Catch and Secure Pitch
- **Rock Solid Blocker**
 - Blast Block
 - Kick Out Block



Cat Backs

3rd / 4th Grade **BRAVE** Skills

- Ability to Avoid and Break Tackles
 - Head and Shoulder Fake
 - Power Cut
- Vision
 - Eyes in the hole
 - Shoulders parallel to LOS



Cat Backs

5th / 6th Grade **BRAVE** Skills

- **Ball Security**
 - QB and Fullbacks exchange on read plays
 - Pitch Relationship
 - Pitch: Catch – Secure – Get up Field
- **Rock Solid Blocker**
 - Seal/Hook Block
 - Edge/Play Action Blocking

Cat Backs

5th / 6th Grade **BRAVE** Skills

- Ability to Avoid and Break Tackles
 - Hip Take Away
 - Shuffle
 - Sideline Running (Lower Shoulder)
- Vision
 - Eyes in the hole to 2nd Level
 - Shoulders parallel to LOS

Cat Backs

7th / 8th Grade **BRAVE** Skills

- **Ball Security**

- QB and Fullbacks exchange on read plays
- Pitch Relationship
- Pitch: Catch – Secure – Get up Field

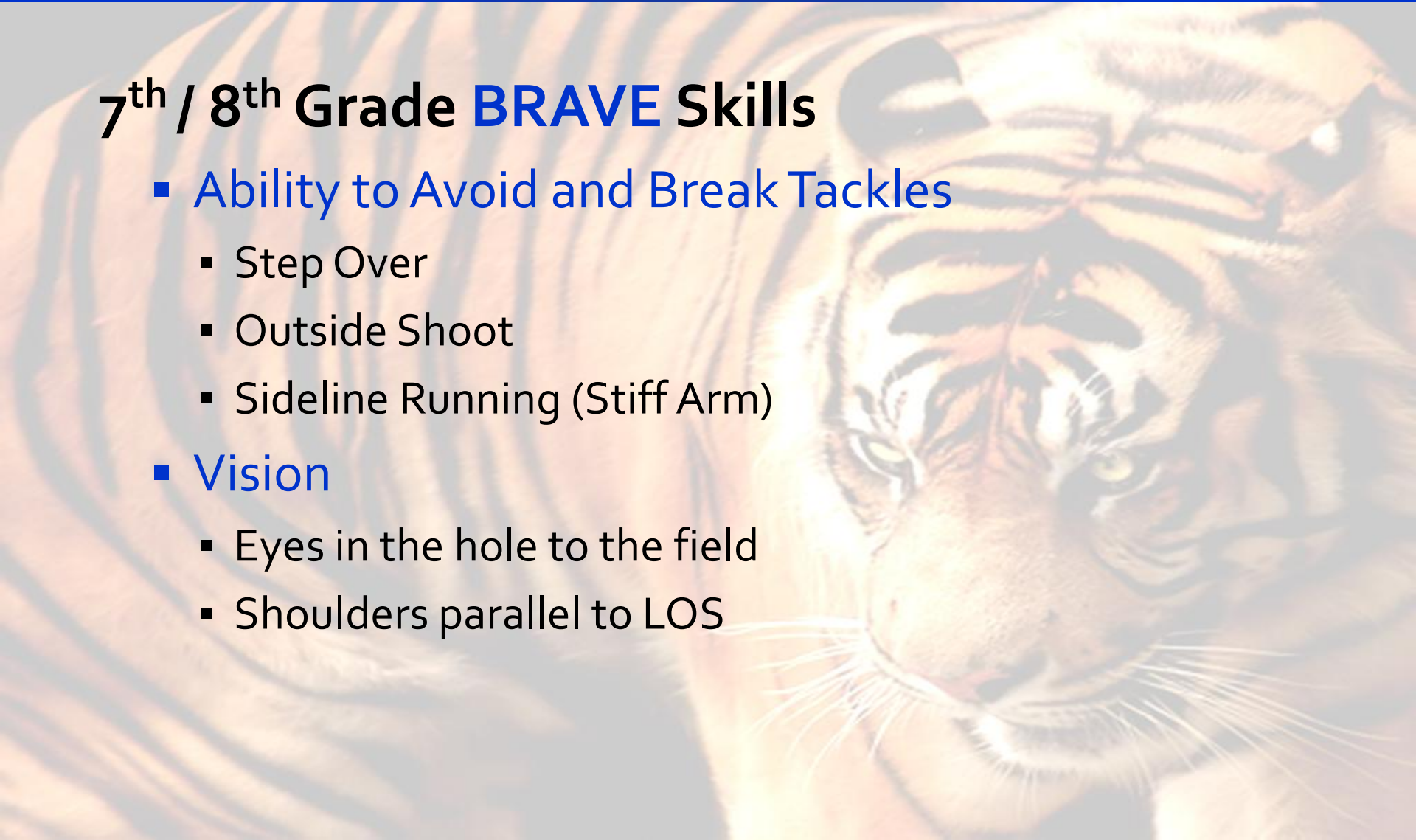
- **Rock Solid Blocker**

- Pass Block
- Recognize the defenders tempo
- Read and Pick up Blitz

Cat Backs

7th / 8th Grade **BRAVE** Skills

- Ability to Avoid and Break Tackles
 - Step Over
 - Outside Shoot
 - Sideline Running (Stiff Arm)
- Vision
 - Eyes in the hole to the field
 - Shoulders parallel to LOS



Cat Backs

- **The most important BRAVE Skill**
 - Expects to work for success
 - We as coaches must teach this principle to the kids.
 - Inform them that success takes hard work.
 - Coaches must set this expectation.
 - Kids must learn to live by this principle.