

Key Components In The Three-Point Stance

The following are crucial components in utilizing the three-point stance:

- 1) Getting proper foot placement by utilizing the instep of your lead foot
- 2) Have your toes pointing straight down field.
- 3) Have your lead foot flat on the ground and your trail foot heel slightly off the ground.
- 4) Having a flat back and keeping your head up
- 5) Proper hand placement
- 6) Keep your weight off of your front hand
- 7) Make sure your feet are shoulder width apart
- 8) Keeping your elbows in while firing off, with your thumbs up.
- 9) Not taking too wide of a step, (General Rule while moving your feet during blocking: ("MOVE YOUR FEET 6 INCHES AT A TIME."))
- 10) Step with the lead foot and scrape the trail foot, keeping them close to the ground
- 11) Dropping your rear end as you fire off
- 12) Equal distribution of weight on both feet while constantly adjusting
- 13) Once your fire off the line of scrimmage, do not let your chin come past the plain of your knee, position yourself like a chair.
- 14) Keep your shoulder pads level while in your stance and as you fire off
- 15) Never hop with both feet off of the ground
- 16) Keep the top of your helmet below the chin strap of your opponent
- 17) Get your hands on the defender before he gets his hands on you
- 18) Keep your hands with inside placement on the defender, thumbs up!
- 19) Never hold your breath, make sure that you are breathing
- 20) ALWAYS KEEP YOUR FEET MOVING! NEVER STOP MOVING YOUR FEET.
- 21) **FOR PASS BLOCKING:**
 - A) **DO NOT GO DOWN FIELD**
 - B) **PROTECT YOUR INSIDE GAP**