

## **Skill: Snapping(Shotgun)**

**Visual Description:** Student should have feet wider than shoulders. He/she should be bending over with bent knees and hips. The football is on the ground slightly in front of the centers head. The ball is snapped between the centers legs to the quarterback.

### **Movement Sequence**

- 1) Feet a little wider than shoulders\*
- 2) Toes directly across
- 3) Knees and hips bent\*
- 4) Ball in front of head
- 5) Hand position on ball\*
- 6) Snap ball between legs\*
- 7) Elbow into inner thigh

### **Movement Cues**

- 1) Wide base
- 2) Extend ball
- 3) Hand position
- 4) Elbow into thigh

### **Task Complexity**

**Learner:** Novice

**Skill:** Discrete

**Environment:** Closed

