CoachMillerFootball.Com

Innovative Concepts and Ideas for Coaching the Game

Always teaching…Always learning

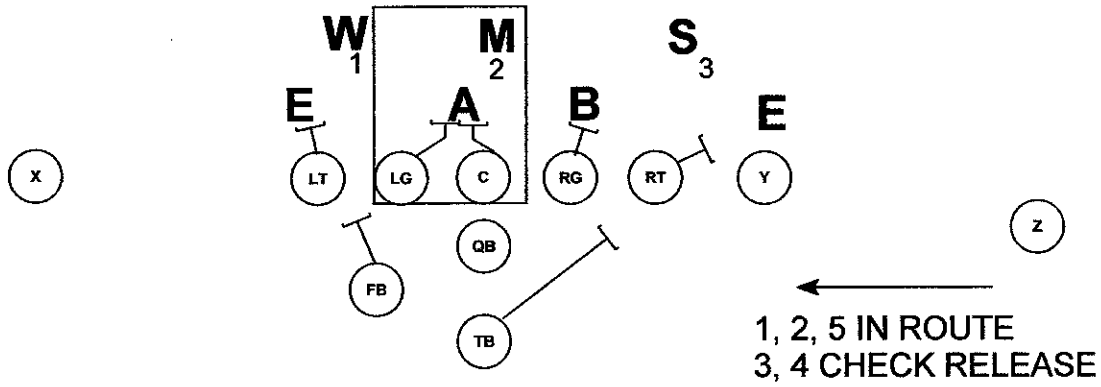
7-Man Protections

BOB (VERTICAL)

LBer numbering is 1, 2, 3, counting from the open end towards the closed end

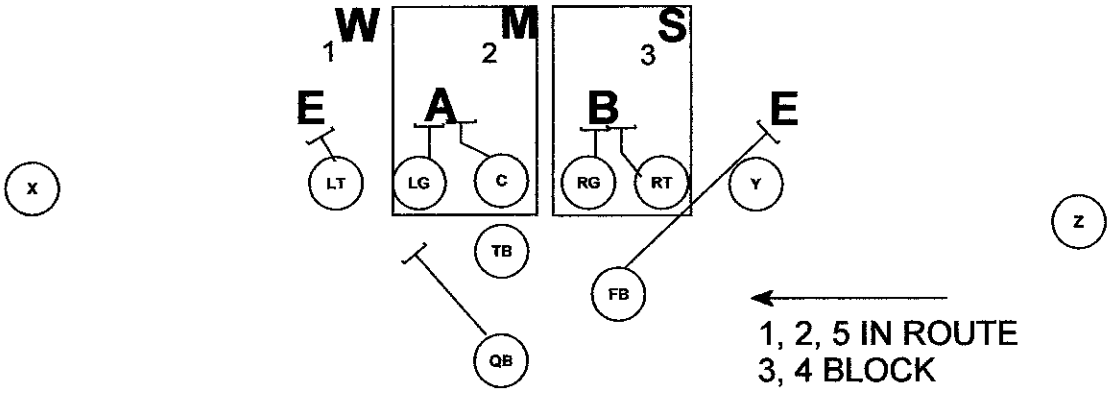
C/OG combination have Anchor and the '2' LBer (the middle of the 3 LBers)

SS
4
Hot



LOAD (QUICK)

LBer numbering is 1, 2, 3, counting from the open end towards the closed end

C/OG combination have Anchor and the '2' LBer (the middle of the 3 LBers)

SS
4
Hot