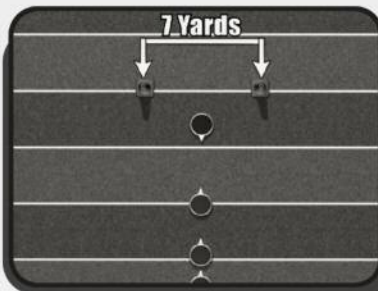
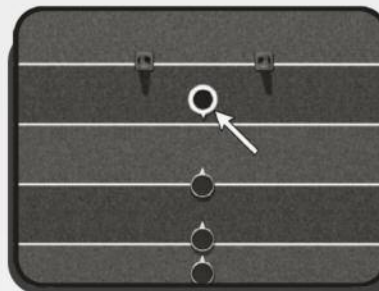


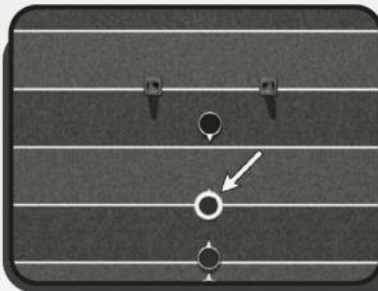
**Protect the Cone**



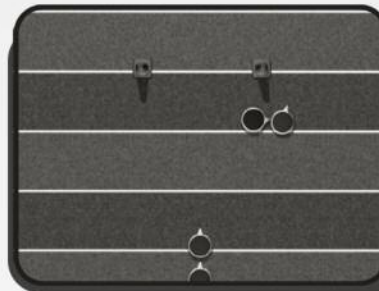
**01** ★  
Place 2 cones 7 yards apart on a line



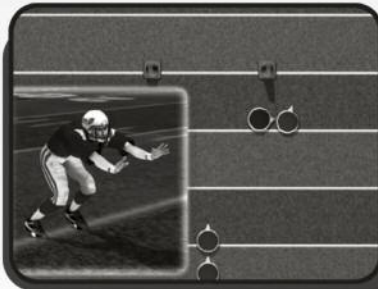
**02** ★  
Blocker lines up in middle, 3 yards from the line



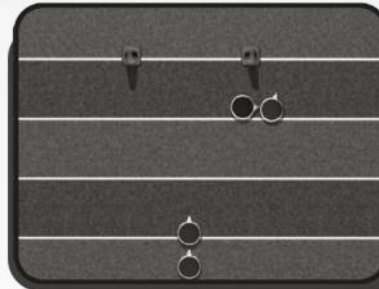
**03** ★  
Defender lines head up on the blocker



**04** ★  
Defender rushes the cone, while blocker keeps him away



**05** ★  
Lineman has good base with bent knees and shuffles his feet



**06** ★  
He keeps hands up and arms free and extended



**07** ★  
After defender passes cone, blocker sprints back to start

**Notes:**

Blank area for notes.