



PRINCIPLES OF CONTACT

B.L.A.S.T. APPLIED LEVERAGE		DEFINITION	PROPERTIES
B	BASE	<i>The foundation for all forms of contact. Required to generate force driven by the hips.</i>	<ul style="list-style-type: none"> • Form triangle with lower body • Hips inside knees • Knees inside ankles • Feet outside shoulders • Toes pointed out • Weight on insteps
L	LONG	<i>Playing long takes the helmet out of contact, offers control of opponents with vision of the field.</i>	<ul style="list-style-type: none"> • Hands in front of the body • Elbows pointed to the ground • Placement, posture and timing are key
A	ASCEND (the hips)	<i>“Low pad level” isn’t the key to leverage. It’s the level of the hips as they “ascend” or “uncoil.”</i>	<ul style="list-style-type: none"> • Arc Strength - strongest position • Hips drive the hands
S	SQUARE	<i>The ability for a player to remain balanced with a solid base in a proper position to make a play. Enables Arc Strength.</i>	<ul style="list-style-type: none"> • Aligns hips with target • Allows for lateral movement without compromising power • Avoid staggered feet
T	TRIANGULATE	<i>To engage or attack an opponent at an angle off the center line.</i>	<ul style="list-style-type: none"> • Offset opponent based on scheme objective • Remain square • Applies to all forms of contact