Flag football core

I was practicing the reverse handoff with my 2 running backs- so the center(the person in the middle hiking the ball) does this weird thing when she bends down-like her knees go inward but her ankles are still in the right place (im draw a pic of it) so the coach was like talking to us abt the plays and i js turn around and see her positioned like that and i js started laughing so hard i hadda turn away so the coach wont see me but the they noticed so i fully on started laughing and my laugh is really loud ngl so i was on the ground and my coah was like "oH? YoU tHiNk tHiS iS fUnNy??" Like no tf sten she goes "wELL gUesS wHaT, iLl mAkE YoU rUn SuIciDes iF yoU waNNa DisrEsPect." Dawg hit me w that "this will show em started laughing and the coach made us run 10 laps around the track (i hid in the bathroom after like 2 laps even tho it ws my fault started laughing and the

her Knee

way out here ..