**Double Negatives**

Use only one negative to express an idea.

Examples of Double Negatives:

1. There aren’t no activities that are unrelated to the sport of football.
   1. There aren’t any activities that are unrelated to the sport of football.
2. Nothing will never protect a player from injury more than conditioning.
   1. Nothing will ever protect a player from injury more than conditioning.

3. We don’t practice nothing but drills.

a. We don’t practice anything but drills