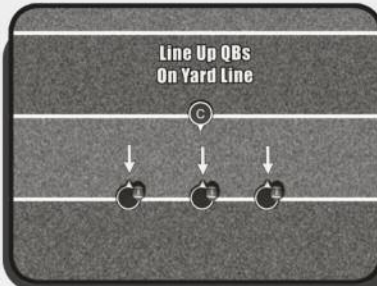


3 Step Passing



Line Up QBs
On Yard Line

01



Line up all QBs, straddling a yard line.



Just-Snapped Stance

02



Have them take a "just-snapped" stance.



Push Off With Foot
Opposite Throwing Hand

03



Begin by pushing off foot opposite throwing hand and take the 1st step back with other foot.



Bring Ball To Chest
Secure With
Both Hands

04



Then QB brings ball to chest, securing it with both hands.

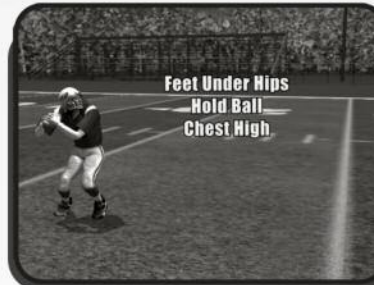


Take Crossover Step
&
3rd Step

05



He takes crossover step and 3rd step, stopping momentum.

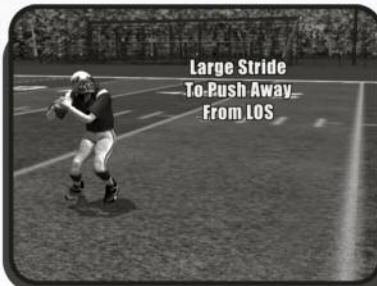


Feet Under Hips
Hold Ball
Chest High

06



He brings feet under hips, holding ball chest high.



Large Stride
To Push Away
From LOS

07



Emphasize large but comfortable stride to push away from LOS.



Use Quick Feet

08

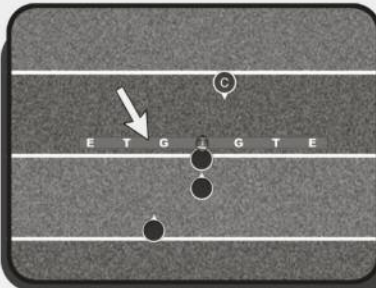


QB's use quick feet and once momentum is stopped, they set quickly to deliver the ball.

Notes:

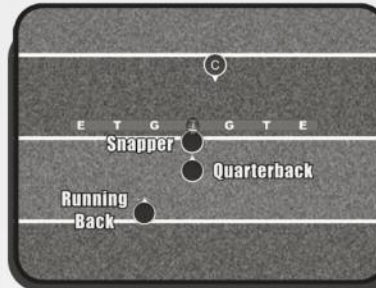
For more useful tips on coaching youth football, log on to www.usafootball.com.

Deep Angle Handoff



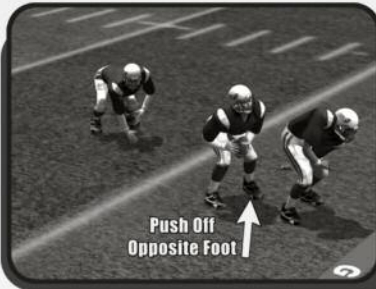
01 ★

Set up cones to identify the OL positions or use LUM tape.



02 ★

QB's rotate positions among snapper, running back and quarterback.



03 ★

On snap count, QB receives the snap, seeds the ball and pushes off opposite foot.



04 ★

He takes short step with other foot and faces the backfield.



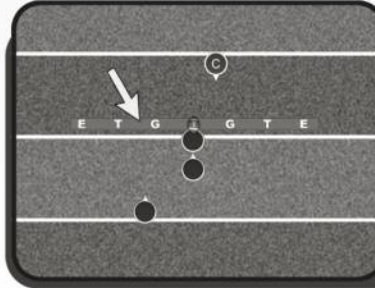
05 ★

He then takes 2nd step toward RB, extending ball into pocket of RB.



06 ★

QB avoids rising up on his toes and carries out his fake.



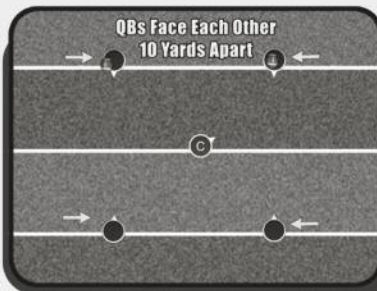
07 ★

Rotate players through positions and in different directions.

Notes:

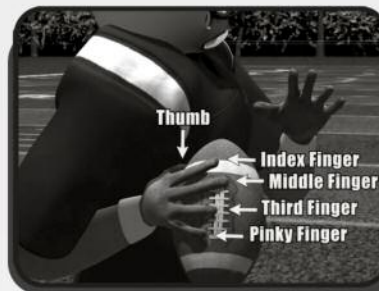
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Grip and Throwing Motion



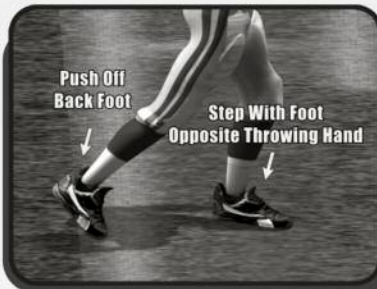
01 ★

QBs face each other 10 yards apart and pass the ball back in forth.



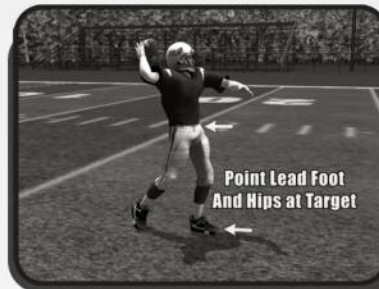
02 ★

Grip with index finger near tip, middle and 3rd finger across laces and pinky at the laces.



03 ★

Bring ball to chest with 2 hands, push off back foot and step with foot opposite throwing hand.



04 ★

QBs point lead foot and hips at target.



05 ★

Remove non-throwing hand and bring ball back with elbow bent.



06 ★

Ball is brought to ear level as hips and shoulders move toward target.



07 ★

Shoulder and passing arm begin to move to target and QB extends arm fully and delivers ball.



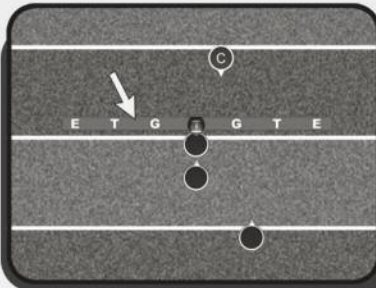
08 ★

Hand and passing arm point to target and index finger comes off last as hand rotates forward.

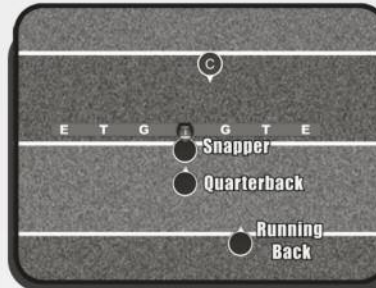
Notes:

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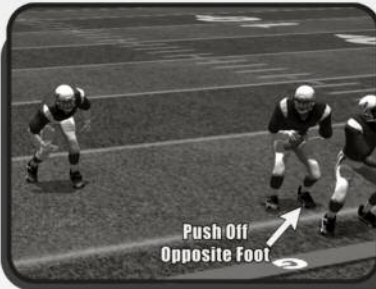
Inside Handoff



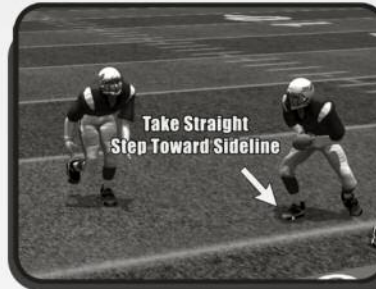
01 ★
Set up cones to identify the OL positions or use LUM tape.



02 ★
QB's rotate positions among snapper, running back and quarterback.



03 ★
On snap count, QB receives the snap, seeds the ball and pushes off opposite foot.



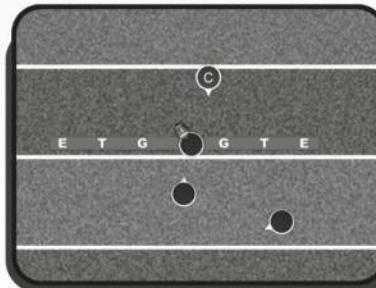
04 ★
He takes straight directional step with other foot and faces the sideline.



05 ★
He then takes 2nd step toward RB, extending ball into pocket of RB.



06 ★
QB avoids rising up on his toes and carries out his fake.



07 ★
Rotate players through positions and in different directions.

Notes:

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Stance and Snap

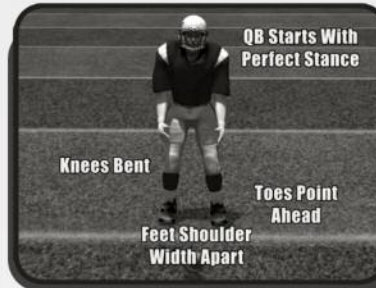


QB Starts With Perfect Stance

01



The QBs start with a perfect stance.



QB Starts With Perfect Stance

02



Knees Bent

Toes Point Ahead

Feet Shoulder Width Apart

Feet are shoulder width, toes point ahead and are even, knees are bent.



Heels Of Palms Together

03



QB approaches C and extends arms beyond his hips with heels of palms together.



Pressure Up On Tail Pad

04



Hands placed between Center's legs with pressure up on tail pad.



Passing Hand On Top With Fingers Spread

05



Passing hand on top with the fingers spread.

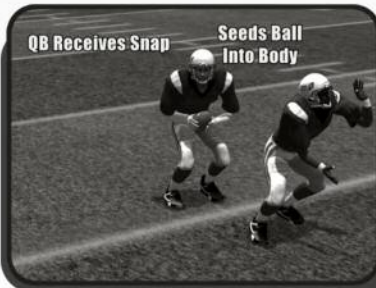


Center Snaps Ball Upward & Fires Out

06



On snap count, center snaps ball upward and fires out.

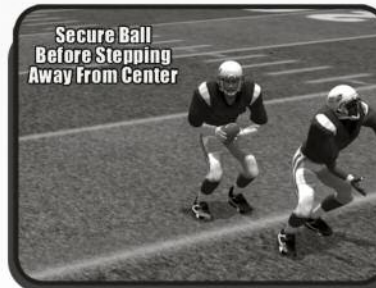


QB Receives Snap Seeds Ball Into Body

07



QB receives snap, seeds the ball into his body and steps to the play.



Secure Ball Before Stepping Away From Center

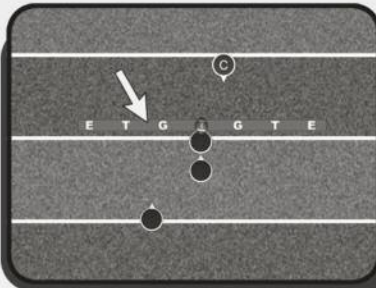
08



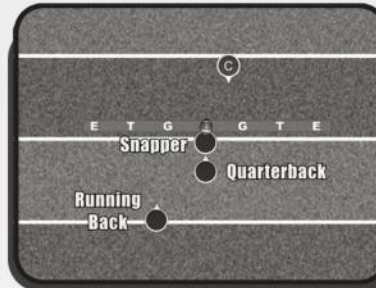
QB must secure ball before stepping away from center.

Notes:

Sweep Handoff



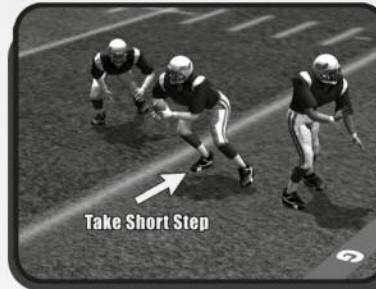
01 ★
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02 ★
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03 ★
On snap count, QB receives the snap, seeds the ball and pushes off opposite foot.



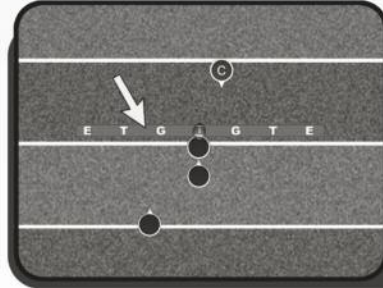
04 ★
He takes short step with other foot and faces the goal line behind him.



05 ★
He then takes 2nd step toward RB, extending ball into pocket of RB.



06 ★
QB avoids rising up on his toes and carries out his fake.



07 ★
Rotate players through positions and in different directions.

Notes:

[Blank area for notes]