

# Quarterback Drills





# Position Drill Library

## Drills

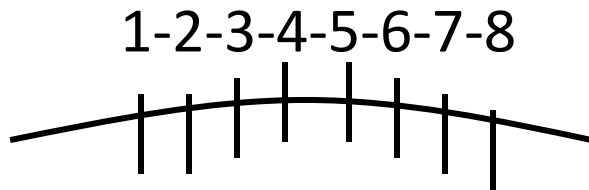
1. Proper Grip
2. Warm Up Progression
3. Proper Throwing Motion
4. 5 & 7 Step Drop Drill
5. Step Over Drill
6. Jump & Throw
7. Kneel & Throw Drill
8. Step Over Throw & Drill
9. Down the Line Drill
10. Option Circle Drill
11. Quick Feet/Hips Drill
12. Set Up Drill
13. 3 Step Drop Drill
14. Throw at Shoulders Drill
15. Quick Drop Feet
16. Step Over Shuffle w/Bags Drill
17. Pocket Awareness Drill
18. Pocket Awareness w/Ball Drill
19. Rapid Fire Drill
20. Route Tree



# Proper Grip in Throwing Profile

**Note:** Gripping ball in throwing profile

1. Grip w/finger tips
2. Grip back Qtr. Of ball. (Players can use 1-4 or a 2-5 grip.)
3. A pencil should be able slip in between the hand and ball
4. Avoid palm touching the ball. This prevents friction and allows for perfect spiral





# Proper Throwing Motion

**Note:** Just prior to throwing, the right shoulder should be cocked back, but the ball should dip only slightly as it is drawn back.

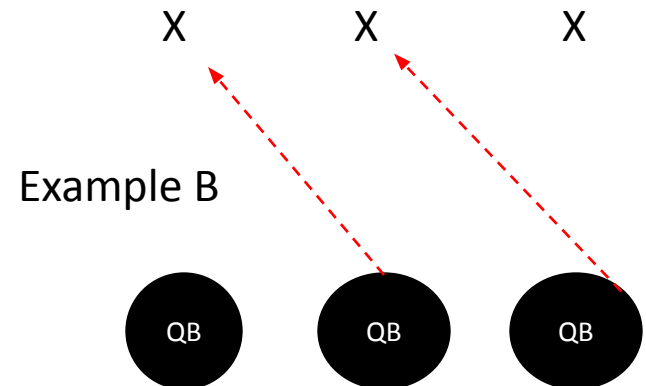
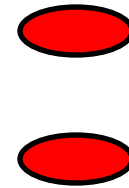
- Avoid the bad habit of "winding up" by swinging the ball down to waist level before deciding to throw. This tips of the quarterbacks intentions when throwing and it also takes much longer to deliver the ball.
- While delivering the ball, exaggerate throwing the elbow out in front of the body so that the point of the ball will stay up.
- This will enable the ball to carry further and makes for a softer pass to catch. The quarterback should use a considerable amount of wrist snap by drawing the fingers and the hand inward and downward or even slightly to the outside.
- It is this snap that provides the spiral necessary in a well thrown pass.



# Warm Up Progression

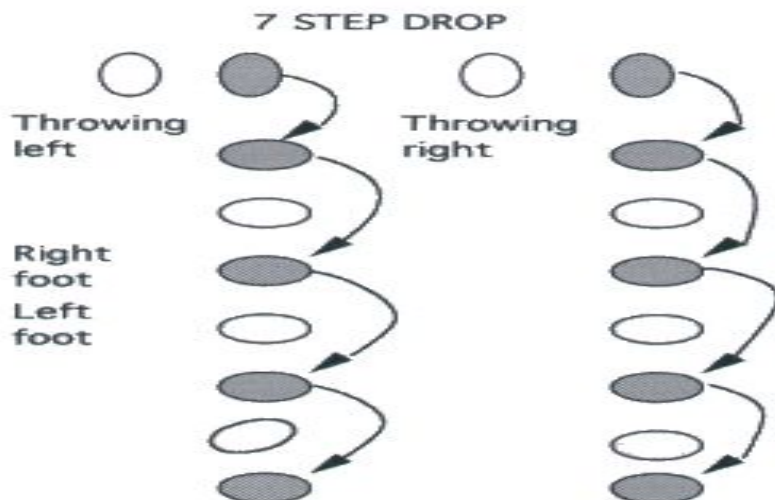
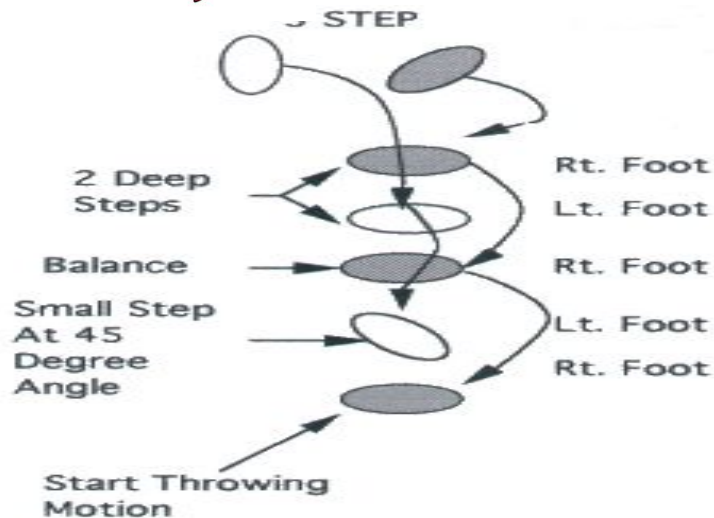
- 1. One Knee throws**
  - Switch after 5 on each
- 2. Stand Up throws 10 yards**
  - After 5 completions move back
- 3. Wrong shoulder 10 yards**
- 4. Feet Parallel and drive**
  - See example A
- 5. Throw angles**
  - See example B
- 6. Stand Up throws 20 yards**
- 7. Stand Up throws 30 yards**

Example A





# 5 & 7 Step Drill



The 5 step drop drill starts out like 3 step drop. The first two steps are deep steps and the last three steps are short and choppy. It is important for the quarterback to start his throwing motion by the time he takes his fifth step. You want to use 5 step drop for timed routes which are quick intermediate passes. The drop should be very rhythmic and is controlled by body balance. The first two steps are deep steps. The quarterbacks balance should be going away from the L.O.S. On the third step the QB should be balanced on his fourth and fifth steps he should control his hips.

When throwing to the right the QB's hips must stay closed. Again, the first two steps are deep and on the third step QB comes to balance. The fourth step is a smaller step and the foot should hit at a 45 degree angle away from the L.O.S. When the quarterback's fifth step hits the ground he should be in his throwing motion.

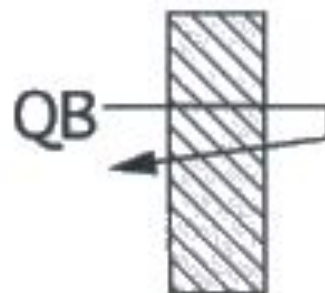
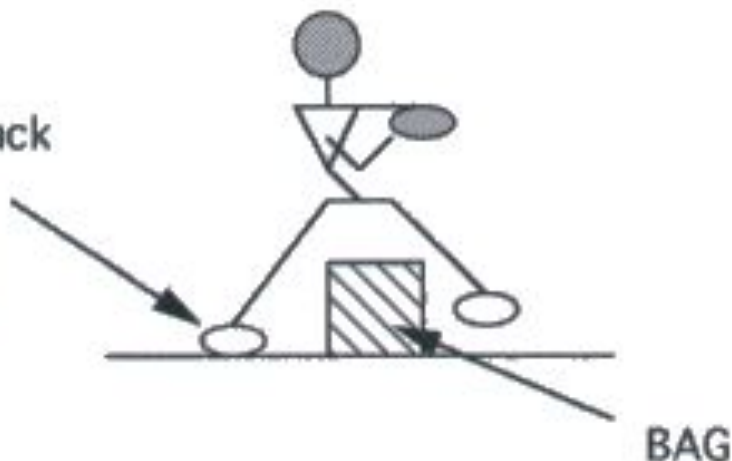
When throwing to the left, the first three steps are the same as throwing to the right except you need to keep a low profile with your left shoulder. The quarterback's fourth step should be a short one and should hit at a 45 degree angle toward the L.O.S. When the quarterback hits his fifth step he should have started his throwing motion.

The 7 step drop is used when you want to run routes that take time to maneuver defenses. The first 4 steps are long steps and the last 3 steps short and choppy. On the fifth step in 7 step drop should be the balance step. The sixth step is either turned at a 45 degree angle away or towards the L.O.S., depending which way the quarterback is throwing.



# Step Over Drill

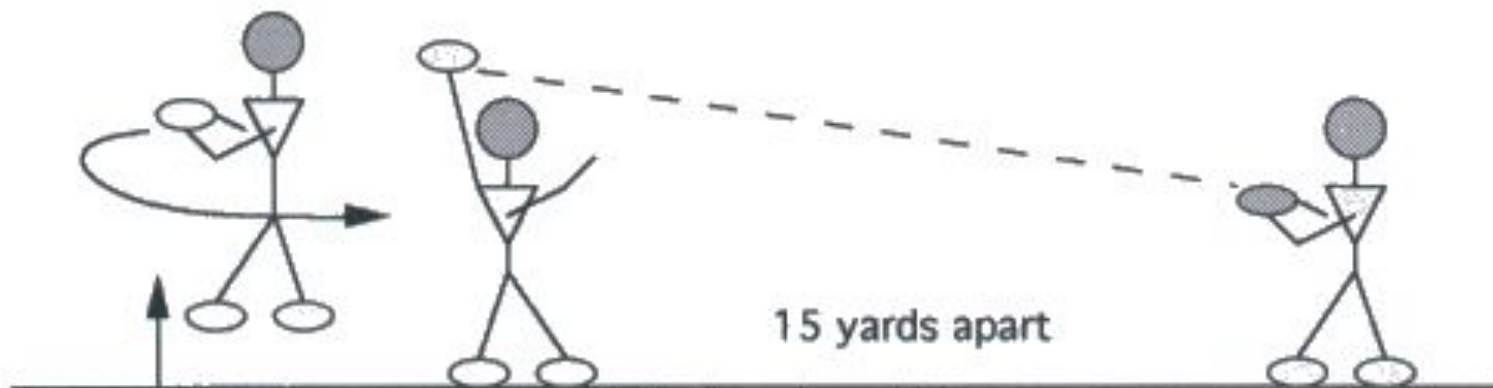
QB steps back and forth across the bag before throwing.



The purpose for the step over drill is to develop quick feet, to plant and get their shoulders around in order to throw the football. The quarterback steps over the bag with both feet, then steps back for a ten second period to see how many times he can step over and back. The main coaching point here is to make sure the QB doesn't jump or hop; don't cross the feet. Use a step over.



# Jump & Throw Drill



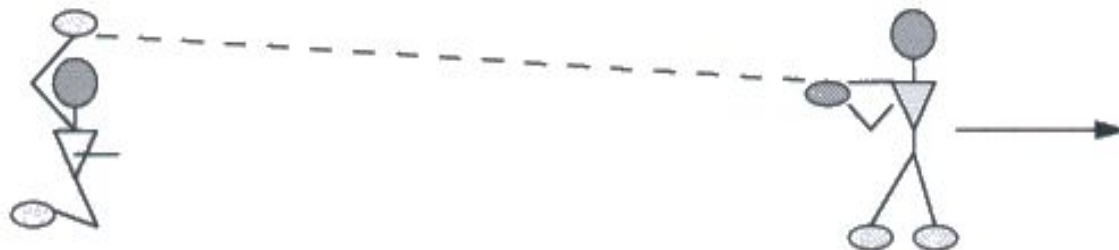
Still at 15 yards, face 45 degrees away from target, jump around and land with your shoulder chocked, and throw. Do this from 90, 135, and 180 degrees and on through the other 4 compass positions. The receiver should take a step forward, turn and come back for the ball, then turn upfield.



# Kneel & Throw and One Hand Drill

“Great warm Up progression”

## Kneel & Throw



Quarterbacks drop to both knees and throw. Receivers facing away from the quarterback turn and comeback towards the quarterback, catch the ball, tuck it away and turn upfield.

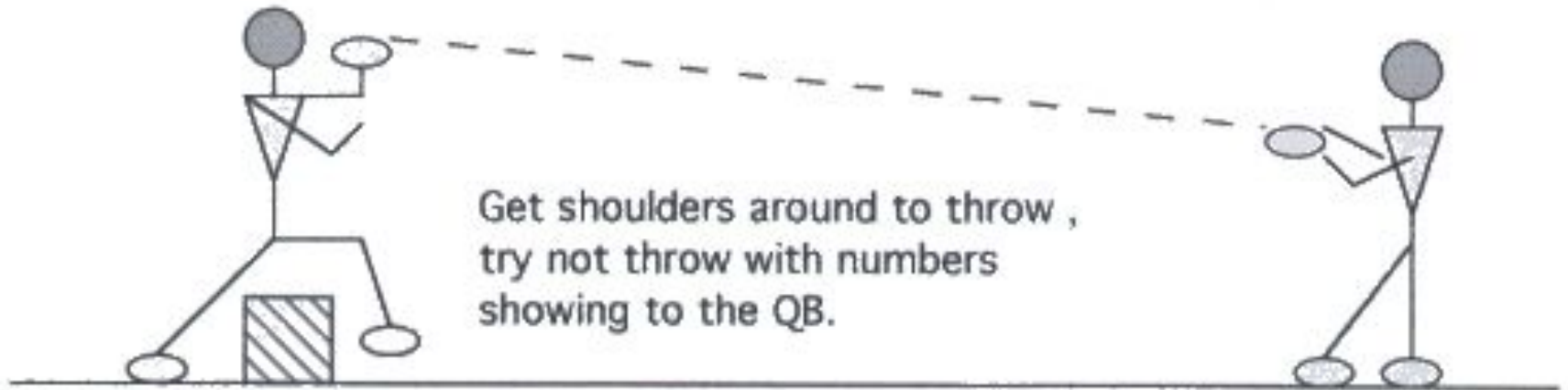
## 1 Hand Drill



Quarterback cocks his shoulder so no further cocking is necessary before throwing. Throw at the receiver's hand. The receiver will turn 90 degrees to the quarterback and hold out one hand. Receiver will catch the ball with one hand concentrating on the ball.



# Step Over & Throw Drill

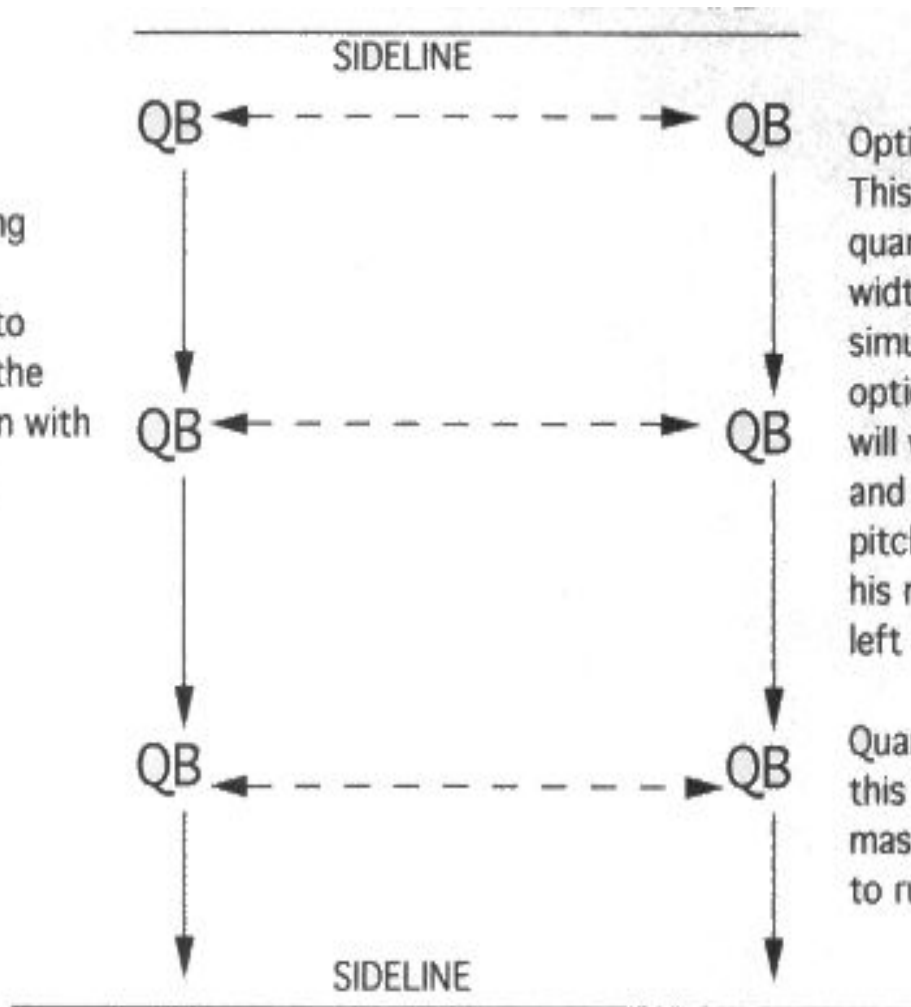


The purpose for the step over drill is to develop quick feet. The quarterback steps over the bag with both feet, then steps over and back for a ten second period to see how many times he can step over the bag set and throw. The main coaching point here is to make sure the QB doesn't jump or hop; don't cross the feet. Use a step over. After stepping back and forth for ten seconds set-up and throw to another quarterback and then he repeats the same process.



# Down the Line Drill

Key coaching point is to remind QB to always roll the thumb down with each pitch.

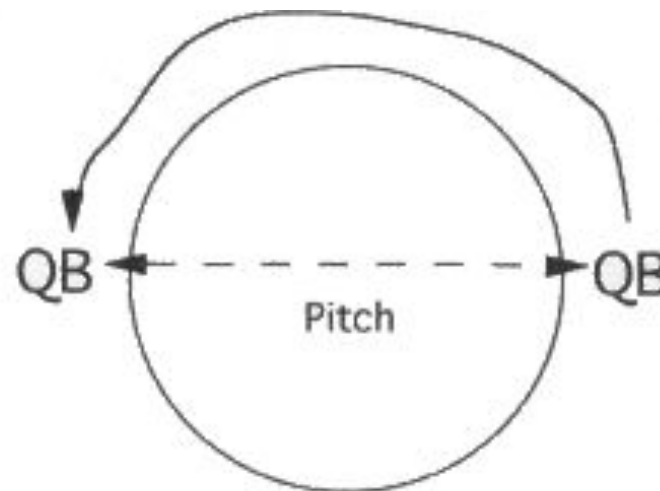
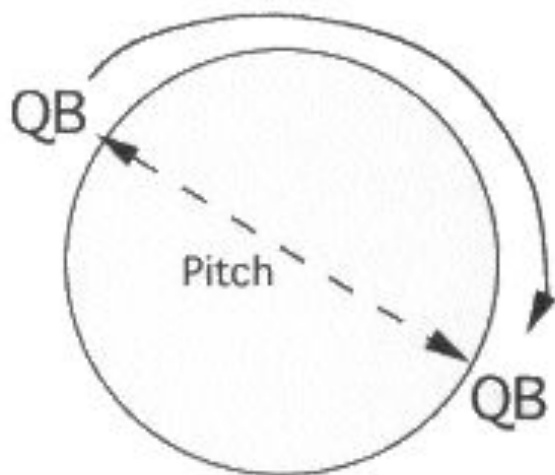


Option drill down the line. This drill takes your quarterbacks across the width of the football field simulating pitch for option. Each quarterback will work the drill across and back each haven pitched the football with his right and then with his left hand.

Quarterbacks jog through this drill but, as they master the pitch continue to run drill faster.



# Option Circle Drill



Option the circle drill puts your quarterbacks rotating in a circular motion . Practice pitch with each other and then change direction after 4 rotations in the circle. If you have access to P.C.P. pipe you can make a circle with it to fit a variety of drills, option being one of those drills.

Quarterback should keep ball close to stomach and shoulders square. Rotate thump down with pitch and always fade away from the pitch man.

Work both these pitch drills on a daily bases if you run option in your offense. Great drills to warm up with.



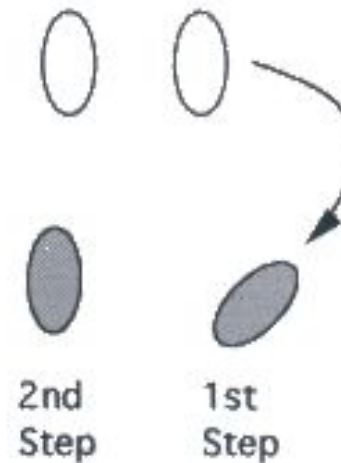
# Quick Feet/Hips Drill

Foot position throwing to left



Left foot comes out first, turn heel inside at a 45 degree angle which opens the hips, push off instep of front foot.

Foot position throwing to right

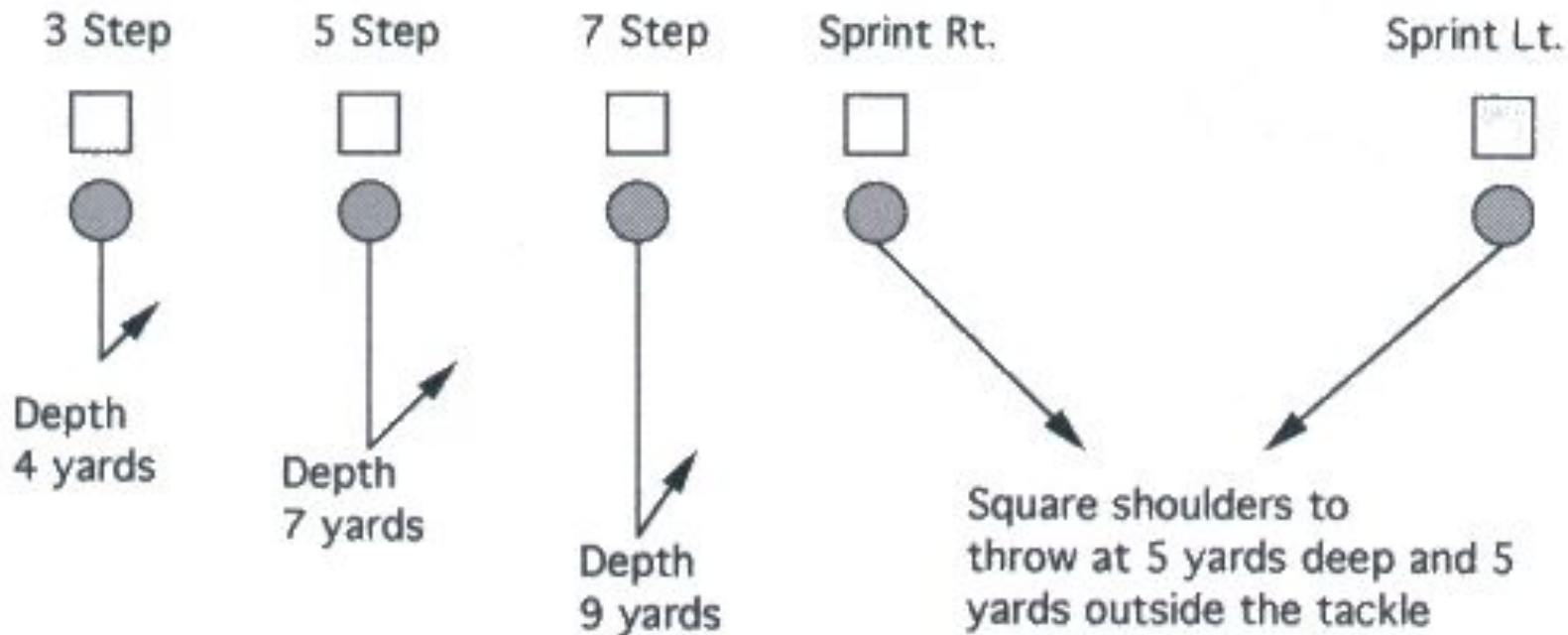


Right foot comes out first, turn heel inside at a 45 degree angle which opens the hips, push off instep of front foot.

Quarterback throwing to another quarterback should be at a distance of 15 yards apart, take a two step drop throwing to the left side first for two minutes then to the right side.



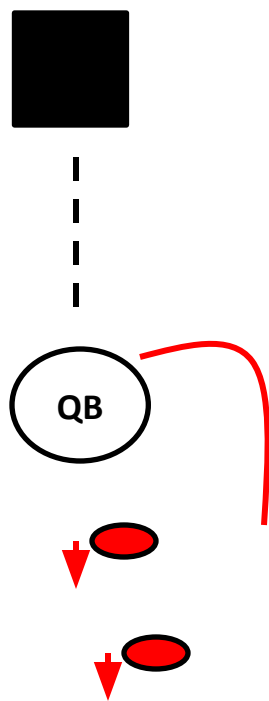
# Set Up Drill



Set - up drill is designed to develop techniques in setting up for 3, 5, 7, and sprint out pass routes. The quarterback will take his snap and set accordingly. Make sure quarterback is balanced when he sets up to throw.



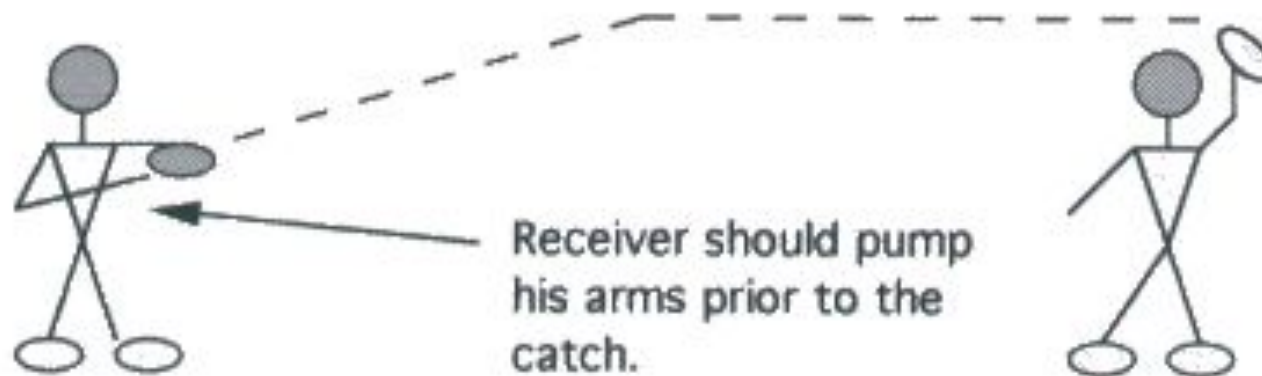
# 3 Step Drop Drill



1. Open up hips w/Qtr. Turn.
2. Drive back off front side foot.
3. Gather and get high.



# Throw At Shoulders Drill



Quarterbacks now turn 90 degrees to the receiver and throw without moving their feet. Now turn 180 degrees and rotate with throw at 90 degrees away, and throw at the receiver's shoulder. The receivers should pump their arms as if running full speed. When the football arrives the receiver reaches for the ball and tucks it away. Pump the arms until the last possible second and then reach for the ball.



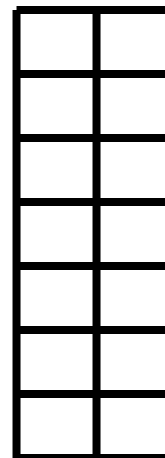
# Quick Drop

## Quick Drop Feet

Goal is to improve quick feet and pocket movement.

- Quick Feet: Up and back
- Quick Feet: Left and right
- Quick Feet: Alternate up and back
- Quick Feet: Alternate left and right
- Quick Feet: Down 5, Back 5 (inside foot leads)

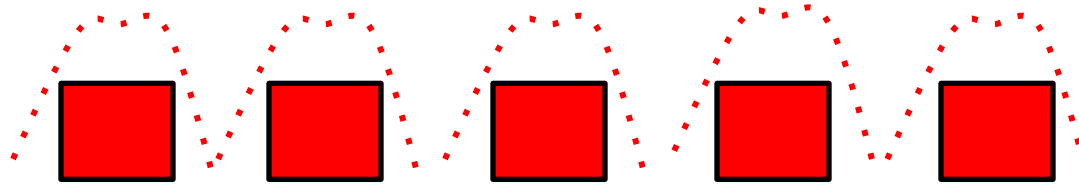
\*\*\* Use big ladder.



\*\*\*



# Step Over Shuffle w/Bags

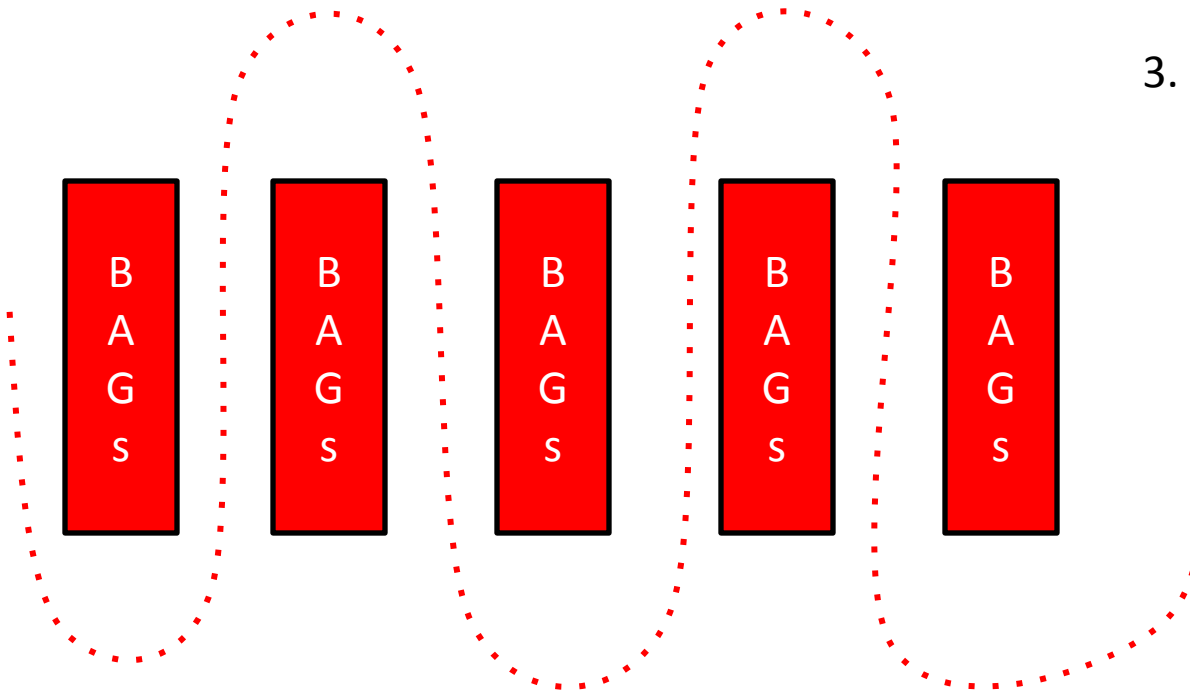


## Shuffle Over

1. Head facing forward
2. Holding ball in throw ready motion
3. Chopping 2 feet in hole over the top

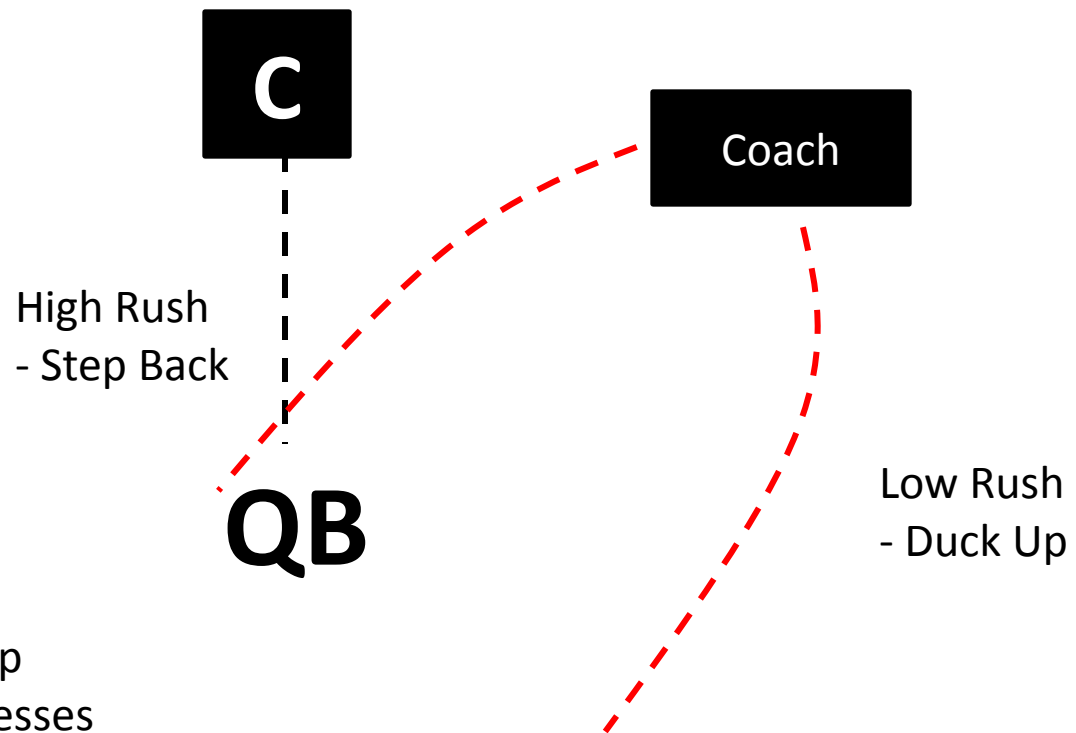
## Shuffle Zig-Zag

1. Head facing forward
2. Holding ball in throw ready motion
3. Wide good base
4. Whistle tells him to throw. This can produce a off balance throw.





# Pocket Awareness Drill

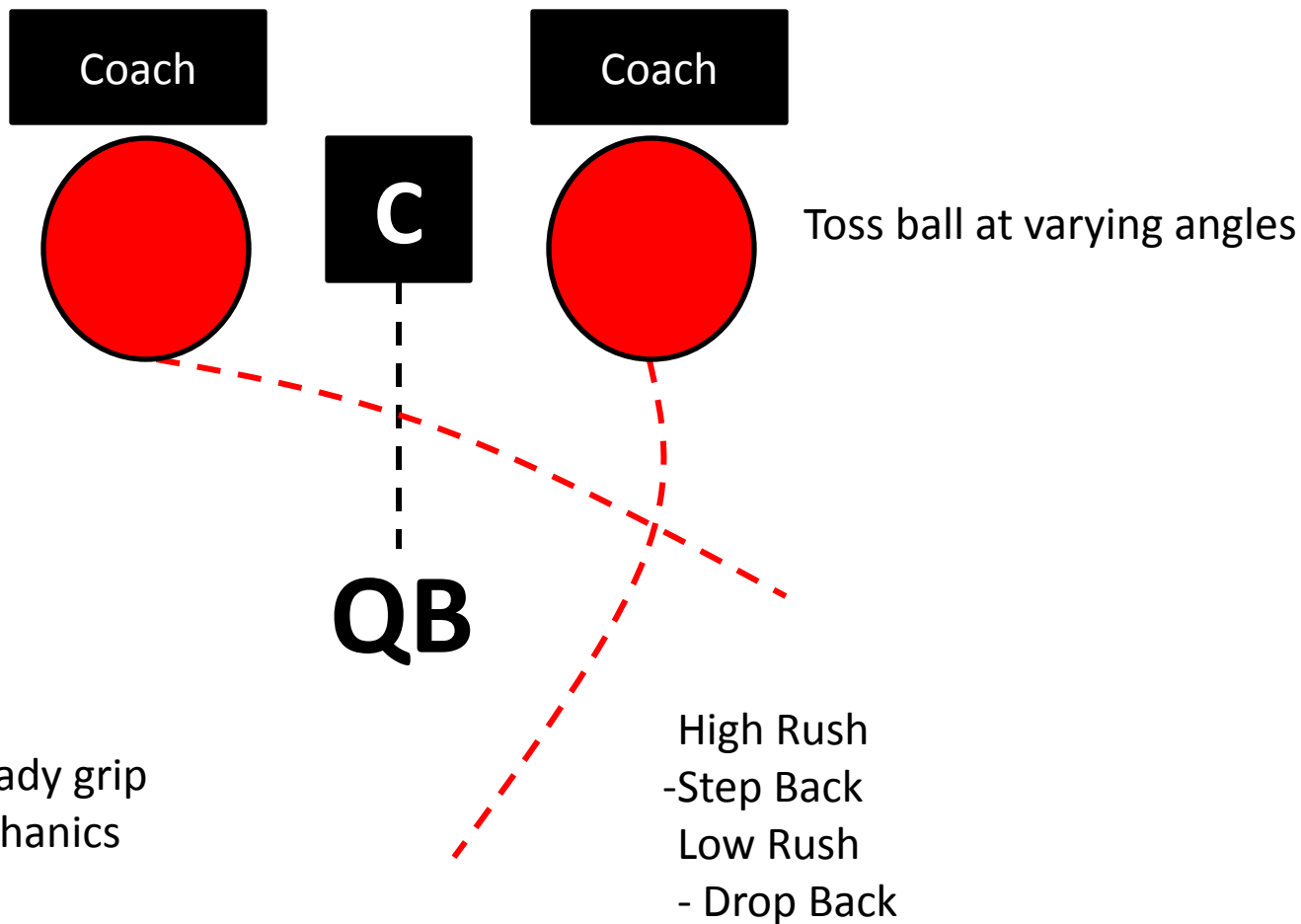


## Notes

1. Keep Wide Base
2. Keep Quick Feet
3. Hold ball w/throw ready grip
4. Add Receivers as drill progresses



# Pocket Awareness Drill w/Ball

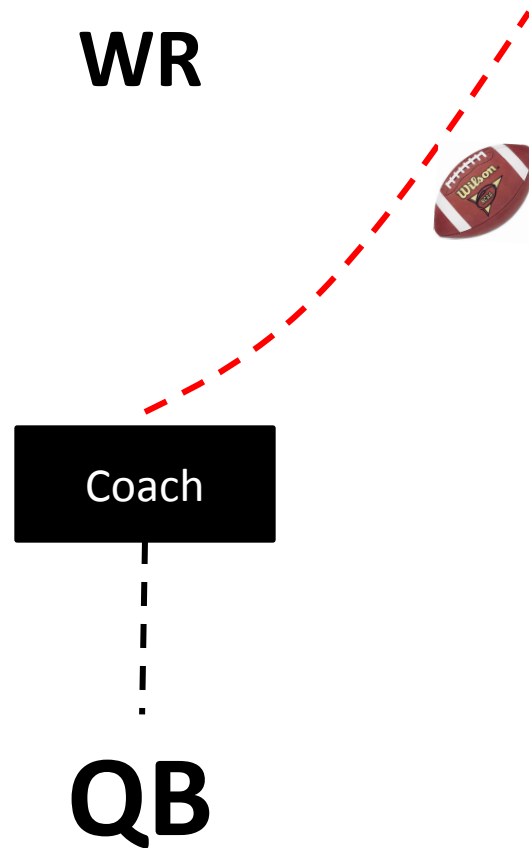


## Notes

1. Keep Wide Base
2. Keep Quick Feet
3. Hold ball w/throw ready grip
4. Avoid with good mechanics
5. Make good throw
6. Add Receivers as drill progresses.



# Rapid Fire Drill



## Notes

1. Coach snaps ball to QB facing WR's
2. React to tagged WR (L, M, R) on the coach
3. Add more tags as needed
4. Can take away coaches commend and have players raise hands for tags (coaches gives numbers (M #1, L, #2...))



# Route Tree

25

25

20

20

15

15

10

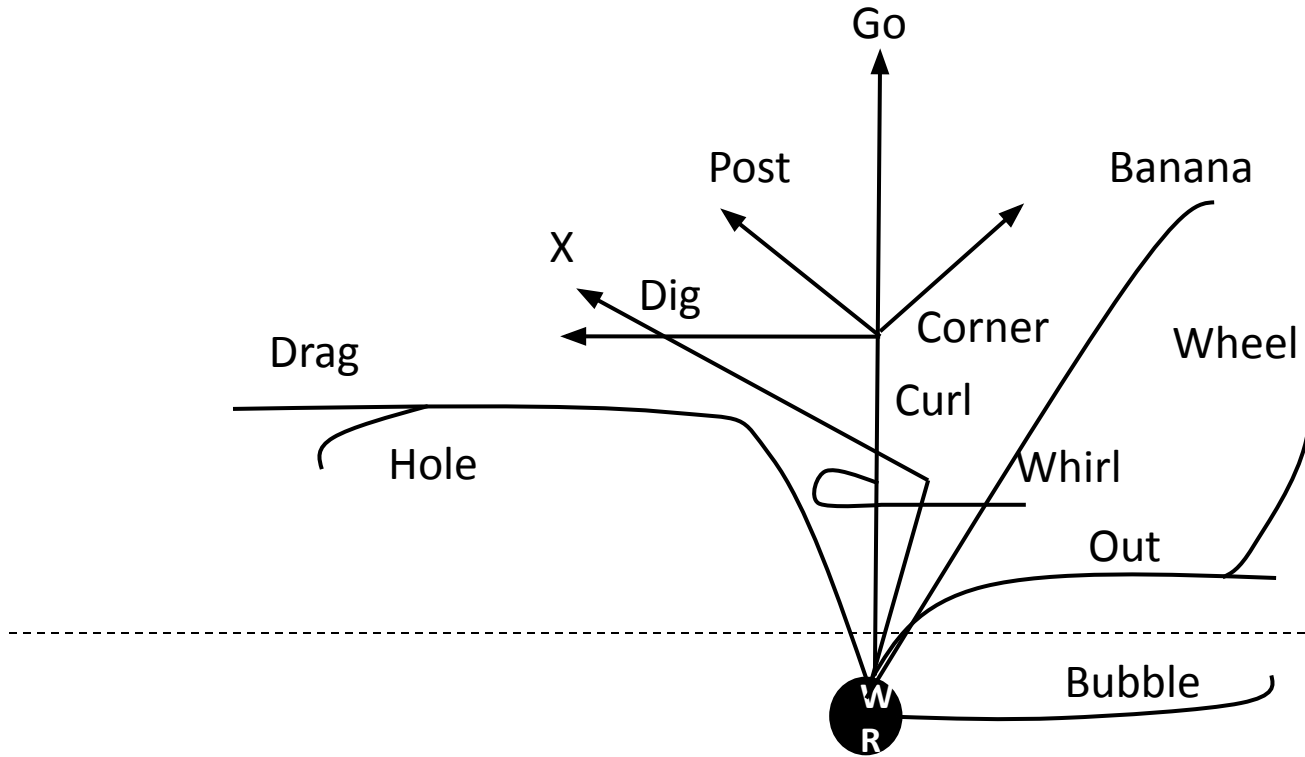
10

05

05

00

00



1. Work all routes in system
2. Work w/realistic spacing
3. Use all players (RB, WR & TE)