



**DSV**  
*Digital Sports Video*



***SOUTHLAKE CARROLL***

***QUARTERBACK  
TRAINING***

**DSV**  
*Digital Sports Video*



# Southlake Carroll QB Training Program

Port Arthur Influence

Coaching

Tradition

QB/WR Throw & Catch

Spread





# Southlake Carroll QB Training Program

Protect The Tradition

Multiple Sports

JV Does Not Practice With Varsity

No Huddle





# Southlake Carroll QB Training Program

Attack Teams

11 on 11 Pass Hull

Cameras

One-Two-Three---Ball





# Southlake Carroll QB Training Program

Crawfish

QB Notebook

QB Intangibles - Calendar

Accuracy Drills - Splashdowns





# CALENDAR

## DATE

Feb. 1

Pre-Test

Feb. 2

Review Pre-test-QB Manual

Feb. 3

QB Manual – Trips Package – QB Drills

Feb. 4

QB Manual – Trips Package – QB Drills





# CALENDAR #2

## DATE

## OBJECTIVE

Feb. 7

Trips Package - QB Drills – Splash Downs

Feb. 8

2 x 2 Package - QB Drills – Splash Downs

Feb. 9

2 x 2 Package - QB Drills – Splash Downs

Feb. 10

2 x 2 Package - QB Drills – Splash Downs





# CALENDAR #3

## DATE

## OBJECTIVE

Feb. 11      2 x 2 Package - QB Drills – Splash Downs

Feb. 14      3 x 2 Package – QB Drills – Scramble Drill

Feb. 15      3 x 2 Package – QB Drills – Scramble Drill

Feb. 16      3 x 2 Package – QB Drills – Scramble Drill





# CALENDAR #4

## DATE

## OBJECTIVE

Feb. 17 Play Action - QB Drills – Splash Downs

Feb. 18 3 x 2 Package – QB Drills – Splash Downs

Feb. 22 3 x 2 Package – QB Drills – Splash Downs

Feb. 23 Video Test – QB Drills – Routes vs. Air





# CALENDAR #5

DATE

OBJECTIVE

Feb. 24

Video Test – QB Drills – Rt. vs. Air

Feb. 25

Video Test – QB Drills – Rt. vs. Air

Feb. 28

Video Test – QB Drills – Rt. vs. Air

Mar. 1

Video Test – Pass Hull – Trips vs. Cov 3,1





# CALENDAR #6

## DATE

## OBJECTIVE

Mar. 2

Video Test – Pass Hull – Trips vs. Cov. 3,1

Mar. 3

Video Test – Pass Hull – Dbls. vs. Cov. 3,1

Mar. 4

Video Test – Pass Hull – Dbls. vs. Cov. 3,1

Mar. 7

Video Test – Pass Hull- Empty vs. Cov. 3,1

Mar. 8

Video Test – Pass Hull- Empty vs. Cov. 3,1





# PHILOSOPHY

Our football program at Carroll High School will employ a system of training quarterbacks. We believe that our quarterback training program should begin in the 7<sup>th</sup> grade. Through consistent evaluation of our athletes, we will have a method of identifying the young men who will play quarterback in our program.





# PHILOSOPHY #2

The process starts at the time these players enter the 7<sup>th</sup> grade. Through a process of early evaluation, our coaches will identify six potential quarterbacks at the 7<sup>th</sup> grade level. As our players enter high school, the varsity and freshman quarterback coach will have had a chance along the way to evaluate and work these players.





# PHILOSOPHY #3

We would like to narrow this number to four at the freshman level. Through this process, we will have an efficient, well coached quarterback at the varsity level year in and year out.





# PHILOSOPHY #4

In our program, we will run an offense that features the quarterback and puts an emphasis on the passing game. Therefore, our initial evaluation tool is to find players who have a natural feel for throwing the football.





# WHAT IS A CAROLL QB?

**Being a quarterback is a full time job. It is going to require your total concentration and a commitment far greater than any of your teammates. A quarterback is thrown into a leadership role and must be willing and able to handle such a position. Your teammates are going to follow your example whether it is good or bad and you must be sure you are leading your team in a positive manner.**



# Qualifications of a Carroll QB

- **Must be an accurate passer.**
- **Must be a positive leader – be an encourager, not a discourager.**
- **Must be confident – wants the responsibility of playing quarterback.**
- **Must be willing to spend endless hours learning the position.**
- **Must be coachable.**



# PREPARATION OF A CARROLL QB

- 1) Know the strengths and weaknesses of each of your teammates.
- 2) Know your strongest and most dependable runner.
- 3) Know your best receiver. Who is a "clutch situation" player?
- 4) Know your strongest and most dependable run blocker.
- 5) Know who to encourage.
- 6) Convince your team of victory!



# **GAIN RESPECT**

- 1) Take the responsibility of a poor play if you are involved.**
- 2) Congratulate your teammates on a good play or a good practice.**
- 3) Do not make excuses.**
- 4) Execute your assignment with precision on every play.**



# Southlake Carroll QB Pre-Test

- Draw the following formations and label the positions:
- Right Open
- Trips Left
- Spread Right





# Southlake Carroll QB Pre-Test

- Draw the following fronts & coverages vs. a *Right Open* formation. Draw pass responsibility of LB's and Secondary.
- 4 – 3 Cover 0
- 4 – 1 Cover 1
- 4 – 2 Cover 2
- 3 – 3 Cover 3
- 3 – 2 Cover 4





# Southlake Carroll QB Pre-Test

- Draw and label the defensive line techniques and gaps.

0 0 0 X 0 0 0





# Southlake Carroll QB Pre-Test

- Draw the following run plays. Include OL blocking and backfield action.
- Rt Open 32 Base
- Trips Rt 17 Zone Option
- Lt Open 25 Counter
- Rt Open 48 Tunnel





# Southlake Carroll QB Pre-Test

- Draw the following run plays. Include OL blocking and backfield action.
- Rt Open 32 Base
- Trips Rt 17 Zone Option
- Lt Open 25 Counter
- Rt Open 48 Tunnel





# Southlake Carroll QB Pre-Test

- Draw the following pass plays. Include depths of routes.
- Rt Open 50 Stop
- Rt Open 50 HBO
- Rt Open 50 Quick
- Trips Lt 60 Smash
- Rt Open 70 All-Sit
- Rt Open 60 Choice
- Lt Open 70 Double Glance
- Rt Open 60 All Streak
- Lt Open 60 Double Out
- Rt Open 60 Box
- Lt Open 60 Square





# Southlake Carroll QB Pre-Test

- Define the following:
- Hot Grass
- Check with Me
- Combo
- Look





# Carroll Dragons Offensive Goals

- **Outscore Opponents**
- **Unit Grade 75%**
- **Score Every Time in the Red Zone**
- **Make 50% of all 3<sup>rd</sup> Downs**
- **Score on the 1<sup>st</sup> Possession**
- **No Three & Outs**
- **No Drives Stopped by a Penalty**
- **No Turnovers**
- **No Sacks**
- **Score After a Turnover**
- **Ten Plus Pens / RBI's**

