



Teaching the HS Quarterback

**Jay Wilkinson
Jenks High School**

Jenks QB Schedule

- Start meetings in March / April.
- Have to work around athletes schedules.
- Continue through Last Football Game.
- Meet with all QB's early, Varsity only once the season starts.



Spring

- Teach base offense to get through Spring ball.
- Very Basic Progressions.
- More field time than class time.
- Recruit young QB's. (Multiple Positions)
 - Scout Team.
 - 2 Junior Varsity Games.



At the LOS

- **MOFO or MOFC.**
- **Blitz? Where do I go with the ball?**
- **Left to Right back to Left.**
- **Eye the Middle of the Field for changes.**

Control of the Huddle

- QB's must learn to take control of the huddle.
- Wristbands.
 - In charge of Personnel and play call.

Wristbands

TEAM		
1	SP	TREY RT AG 80 T BUBBLE
2	SP	RT 6 BG 14 H REV @ 9
3	RG	RT SLOT 43 FOLD
4	SP	RT 5 BG 71Q
5	SH	QUADS RT SPECIAL XJET 18X
6	SP	RT 6 AG 15 READ
7	RG	RT SLOT 43 FOLD
8	RG	LT 17
9	SP	NINJA LT BG 90 NOWV
10	RG	RT 44
11	SP	RT 6 BG 14 H REV @ 9
12	SP	RT SLOT 4 45G
13	SP	NINJA LT BG 91 NOWV
14	RG	RT SLOT 31
15	SP	RT SLOT 5 BG 500 DRAWV
16		-----
17	TI	TIGHT LT FK2 60 PANTHER
18		-----
19	TI	TIGHT HOSS RT 42 FOLD
20		

7 ON 7		
1	SH	QUADS RT GUN 600 SPACING
2	SP	RT 5 AG 61Y
3	SH	QUADS LT GUN 559
4	SP	RT SLOT 5 AG 60 T PANTHER
5	SH	SHOOT RT BG 53
6	RG	RT FK2 68 FLOOD
7	SH	TRIPS RT 90 H BUBBLE
8	SP	TREY RT AG 88Y H FLAT
9	SH	QUADS LT GUN 500 SPACING
10	TI	TIGHT LT FK2 60 PANTHER
11	SH	TRIPS LT 80 Y NOWV
12		
13		
14		
15		
16		
17		
18		
19		
20		



Summer

- **This is when they learn the offense.**
 - **Meetings.**
 - **Playbook – Only people on the Team.**
 - **On air with Receivers.**
 - **Passing League.**
 - **Tests.**

Meetings

- Formations
- Running Game
- Passing Game Progressions
- Quicks
- Play Action
- 5 Step
- Defensive Techniques
- Defensive Fronts
- Defensive Coverages (MOFO / MOFC?)
- Checks

A photograph of a football game. A player in a white jersey with the number 13 is running with the ball. He is being tackled by a player in a green jersey with the number 20. The text "Teaching Coverages" is overlaid in the center of the image in a bold, red, sans-serif font.

Teaching Coverages

The Big Question

MOFO?

MOFC?



MOFO

- **How deep are the Safeties?**
 - **Cover 0.**
- **How deep are the Corners?**
 - **Cover 8.**
 - **Cover 2.**
- **Is one safety deeper?**
 - **Possible roll.**



MOFC

- **How deep are the Corners?**
- **Where is/are the invert(s) and their eyes?**
 - **Man / Zone.**
- **Is the safety in the middle?**
 - **Possible blitz, roll?**

Blitz Give Aways

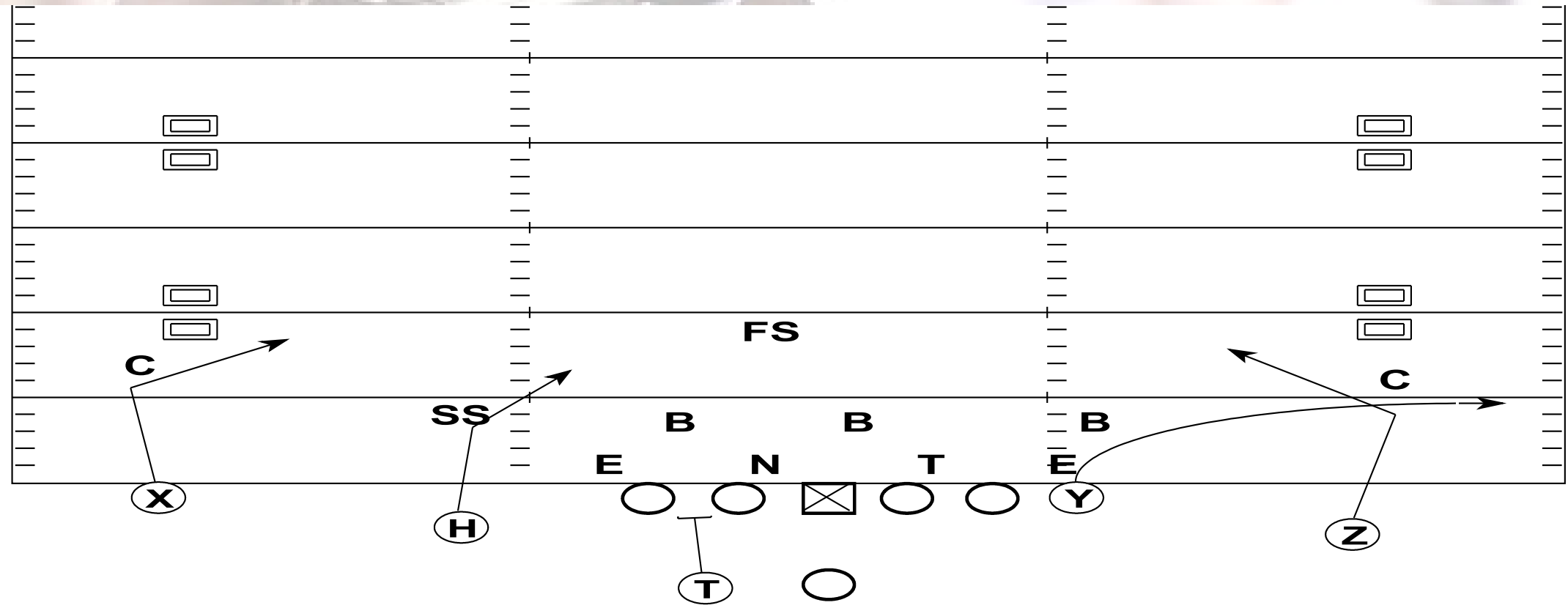
A photograph of a football game. A player in a white jersey is running with the ball, being tackled by a player in a green jersey. The background is a blurred crowd of spectators.

- Two defenders over one receiver.
- Safeties start to screw down.
- Coverage doesn't match the front.
- Alignment adjustment by the blitzer.
 - Turn shoulders towards the WR.

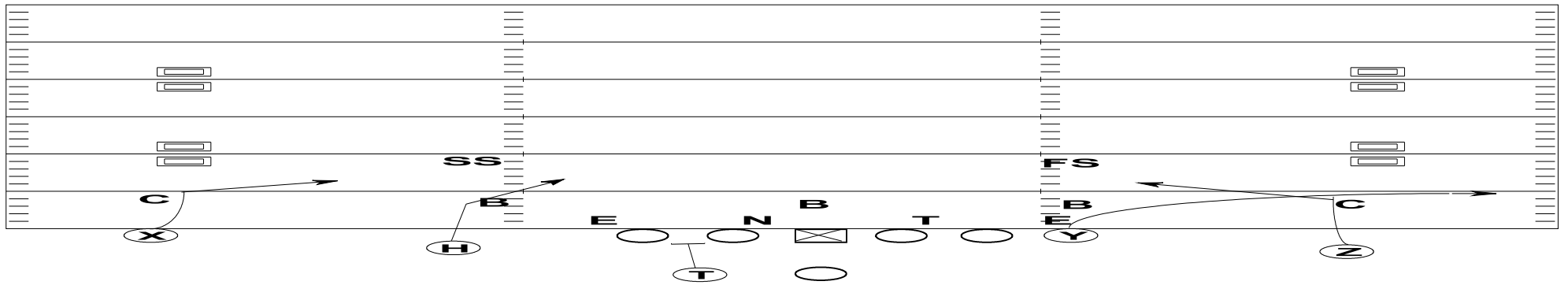
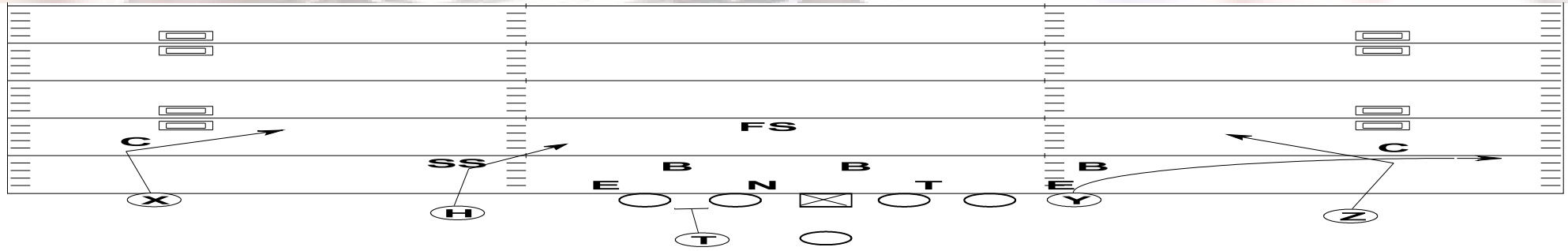
Teaching a Progression

- Board
- Pictures
- Film
- Field

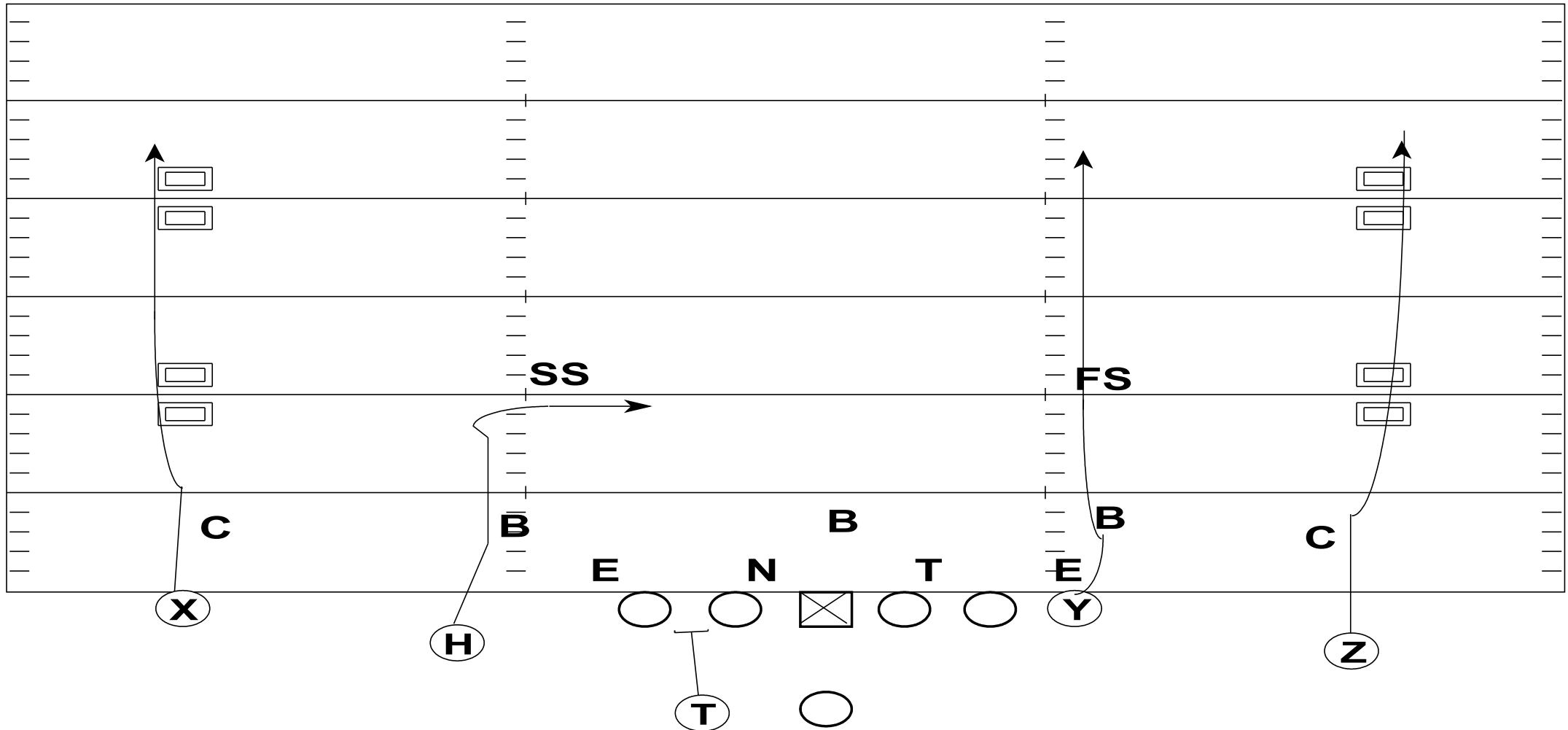
86 Y Flat MOFC



86 Y Flat MOFO



51 H M O F O





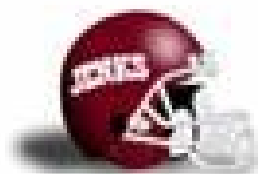
51 H M O F C

QB Tests (Summer)



- Give them the formation and play.
- Make them draw everything exact. 12 yards is 12 yards.
- Make them write in their progression.
- Use hash marks.

Tests



JENKS TROJANS PASSING GAME TEST #1



Assume that the formation is a 2 X 2 formation. Write in the appropriate routes using the play call. You are responsible for both the inside and outside routes no matter what position you play (Exception is TE).

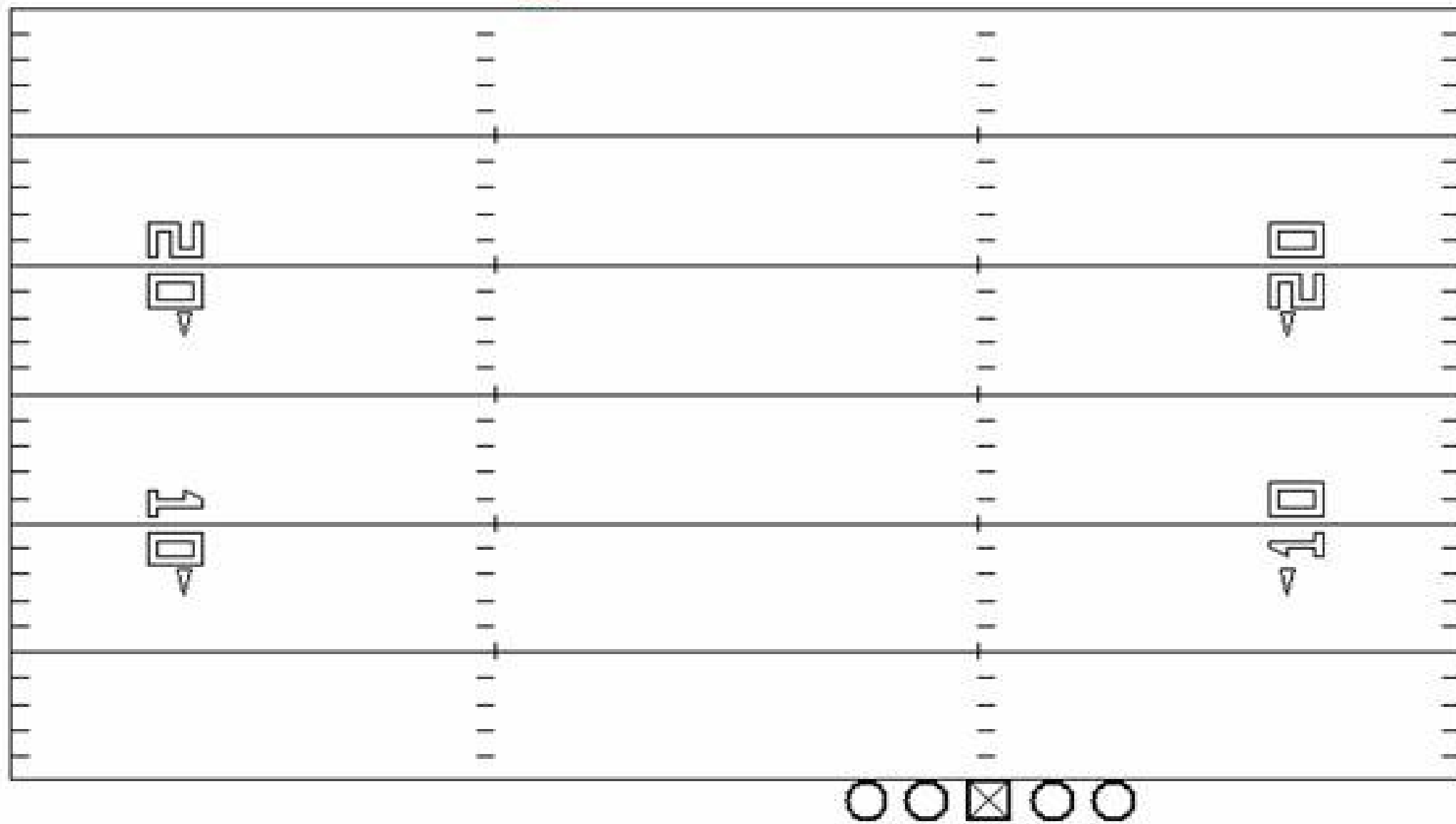
Play Call	Outside WR Route	Inside WR Route
83		
81 Flat		
59		
86		
64		

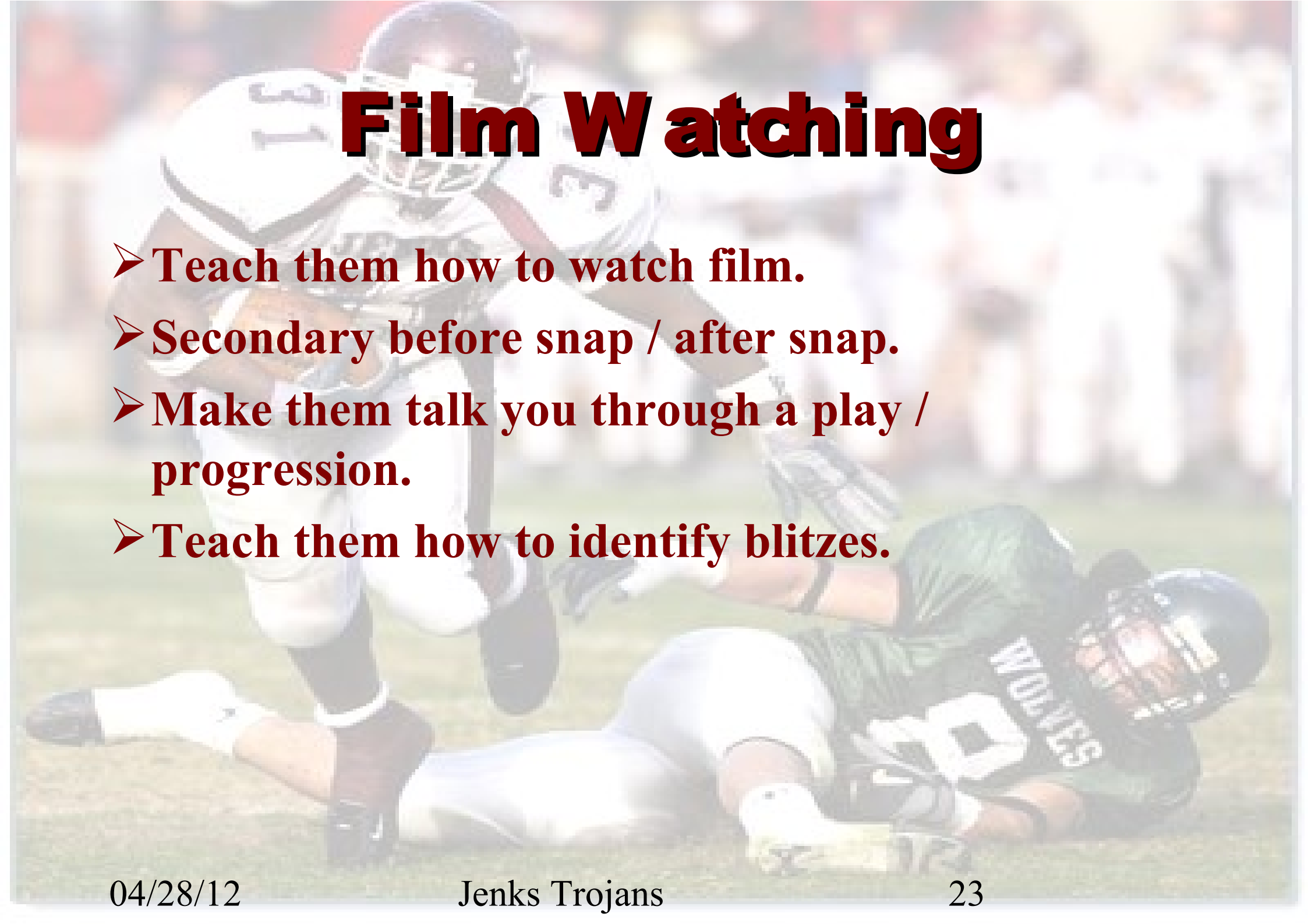
QB TEST

Directions:

- Diagram and Label all Players!
- Show good spacing with the WR's.
- Be Neat!
- If the route is 6 yards, draw it at 6 yards.
- On the Seam Read draw vs. MOFO & MOFC
- Write your thought process on each play.
- Make an attempt to draw every play!
- Due back to Coach Wilkinson on Monday, August 16th.
- Enjoy your break and rest your arm!
- Questions call me on my cell 519-5102

Rt Slot 5 BG 553 Z Wheel





Film Watching

- Teach them how to watch film.
- Secondary before snap / after snap.
- Make them talk you through a play / progression.
- Teach them how to identify blitzes.

Thoughts on Passing League

- What do you want to get accomplished?
- Run your offense.
- Make QB's go through their progression.
- Ask them what they saw, don't tell them.
- Teach throwaways.
- QB's must concentrate on drops.



Pre-Season

- Apply what we've learned this summer.
- Passing Progression:
 - On Air 1 Route
 - On Air Combos vs. Coach
 - 2 on 2, 3 on 3
 - 7 on 7
 - Team
- * Make QB take drops!!!



JENKS TROJAN OFFENSE 2003

QB NOTES 8-14

New Runs for Today

42-43 (Open up, check to A Gap player)

30-31, 20-21 (Fake pitch away hand underneath, check to B Gap player)

24-25 (Just like 42-43)

New Passes for Today

57-67 (Corner route, read just like smash)

58-68 (Flood. Flat to 10 and out)

Play Action for today.

Fake 2/3 4/5. Fake 42/43 on 2/3, Fake 14/15 on 4/5

REMEMBER TO GET IN AND OUT OF THE HUDDLE!!!

Season Schedule

- **Sunday / Monday – Formations Tape**
- **Monday Meeting – Scouting Report / New Plays**
- **Tuesday Dinner**
- **Wednesday Meeting – Ready List**
- **Thursday Meeting – Openers / Test / ?'s**
- **Friday Meeting – Openers**
- **Saturday – Review previous game**

Individual Practice

- QB's usually get warm-up time and individual practice during special teams.
- During that time we will work on any new plays for that week.
- A lot of walk through is done during this time.
- Young QB's can work on mechanics.



Indy w/ RB

- **High intensity. REPS, REPS, REPS**
- **Work QB/RB mesh on run plays.**
- **Ball must not touch the ground.**
 - **(3 Legged Dog)**
- **Coach be the read player.**
- **Make QB's check the play.**
 - **Direct Traffic.**

Indy w/ WR

- **Don't waste reps**
 - **Throw to the guys you will be throwing to on Gameday.**
- **Make QB's get a snap and take a drop on every pass.**
- **Work timing routes.**
 - **Slant, Bubble, Curl, Out.**
- **Be accurate.**
- **Don't work too fast, be efficient.**



7 on 7

- **Use your eyes.**
- **Make the Defense stem.**
- **Control the underneath coverage.**
- **Right reads over completions.**
- **Make the QB take the easy throw/check down.**



Team

- Let them run the show.
- Practice your pressure package.
- Hard to do a lot of coaching during this time.
Remember that in your scripts.
- Put pressure on your QB to check / direct traffic.



JENKS TROJAN OFFENSE 2004

2003 6A STATE CHAMPIONS

QB Reminders & Notes (UNION)

- 20 / 21 (Tulsa) At the 3 Technique.
- 24 / 25 (Wisconsin) At the Shade (A Gap Player).
- Pull the ball on Read if you can make 4 yards.
- Think easy throw before the snap.
- Eye the Corner on 52/62, 55/65, 58/68 to see if it is Cover 2. If so, put it in the hole!
- Remember Hop signal and Check Signal.
- If Tulsa, Iowa, or Wisconsin Automatically Read the End.
- If everything seems covered, run or throw the ball away. Never throw the ball late into the middle of field!

Tonight before you go to bed, go over your reads in your head. Attached is a play sheet for tomorrow. Basically this is what you have:



Game Night

- **Confidence.**
- **Easy throws early.**
- **Safe plays early. Let them get into the flow of the game.**