

Quarterback Drill Catalog

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As you review the following quarterback drills, it is important to remember these key points:

1. How To Hold The Football:

In the pocket we want to make sure we are holding the ball the proper way. The ball should always be held with two hands, pushed back on the throwing pec, chest high, and with the elbows nice and relaxed down by the sides of the ball. This is the most protected position the ball can be in. Quarterbacks must fight the desire to drop the ball down or to hold it with one hand. Many times a QB will drop the ball down or hold it with one hand as he moves in the pocket or scans the field. If properly held, the ball can not be knocked loose when he gets hit from behind because the defender would have to go through his chest to get the ball. If we get hit from in front, then the ball is pinned to our chest. If somebody tries to punch the ball up they can't get to it because our elbows are down and relaxed. If they try to chop the ball from over the top they should be unable to separate our hands from the ball because they can't pull on the elbow. This is the perfect pocket position for the football because it is protected and we are ready to throw.

Quarterback Drills

1. Warm-up: Easy Toss

QBs line up 10 yards or so apart and just begin to loosen up with some simple easy throws. Normally the first step in the warm-up progression. About 10 throws should be good.

2. Warm-up: 1 Knee

QBs line up 10 yards apart, put their throwing knee down to the ground, then get about 10 throws. Second step in the progression.

3. Warm-up: 2 Knees

QBs line up 10 yards apart, put both knees down to the ground, then get about 10 throws. Third step in the progression.

4. Warm-up: Wrong Knee

QBs line up 10 yards apart, put their non-throwing knee down on the ground and get about 10 throws.

5. Warm-up: On The Line R/L

QBs line up 10 yards apart, face the same sideline while putting their inside foot on the yard line. They must now really work on turning their hips and rotating their shoulders/back to get into a good throwing position. They do not want to move their feet if they don't have to. After about 5-10 throws they will switch which sideline they are facing and repeat the drill.

6. Warm-up: 25 Yards And Air

QBs line up 20-25 yards apart and work on over exaggerating putting air under the ball. We want to see the ball turnover during the throw and drop right down the chimney. They should get 5-10 throws in.

7. Warm-up: 25 Yards And Flat

QBs line up 20-25 yards apart and are now throwing the ball as flat as possible. We see this as a seam pass that can't have any air underneath it. They should get 5-10 throws in.

8. Warm-up: 5 Yards Off-set

One QB will line up almost on the sidelines while the other is lined up at the hash. They are 5-7 yards apart from each other and will open (right then left) and throw to their partner. Work on 3 step and 5 quick. Get 5-10 throws in. When done they both walk forward 10-14 yards and turn around. This will allow them to then be throwing to the other side. Only throw frontside with this drill.

9. Warm-up: 13 Yards Off-set

One QB will line up almost on the sideline while the other is lined up at the hash. The QBs will take a 5 quick and a 5 big drop and throw to their partner. They should get 5 throws in. Then they will open opposite their partner and bounce backside to throw the comeback. They should get 5 throws in. When they are done they will both walk forward (like above) and throw opening to the other side.

10. Quick Strike

They should have the ball in the picture perfect pocket position (chest high, pushed back to their throwing pec, and with two hands on the ball). The QBs can be at different depths from each other at this point depending upon what throw you want to simulate. On the command by the coach, the QBs throw. This is simply to work on getting rid of the ball as soon as you need to and being able to release quickly.

11. Round the Clock

This is a placement drill. The QBs should be lined up 10-15 yards apart and directly in line with each other. We start by having the QB aim directly for the middle chest and then start working our way around the clock. Over the head, right shoulder, right hip, between the knees, left hip, left shoulder. You can get 2-3 throws to each spot. This will help the QB to locate his throws. Talk about aim big miss big, aim small miss small. If you just go for the receiver and miss, you are done. If you go for a particular point and you miss you still have a chance for a catch.

12. Explosion

This is just to over exaggerate the QBs drops. You place them on a line and then tell them to execute a particular drop (1 step, 3 step or 5 step). You want them to bound away from the line. Tell them you are not worried about if it is pretty or if they are under control, you simply want to see how far away from the line they can get.

13. Kentucky Drill

This is a multiple QB and multiple receiver drill. The coach will call a play, line up the QBs in the order they should be making their reads, then run the play. The first QB throws to the first read, second QB to the second read, etc, etc. You should see the balls all come out in order. Remind the QBs that they have to work through their progression and not just stare at their receiver. This is good because you can rep multiple players at a time and you force them to run plays while a lot is going on around them. Normally this is done with 3 or 4 QBs. Once they make their throws, the last QB steps off, all the QBs move over one spot, and a new QB comes into the rotation.

14. Run Steps

This can be done with or without the running backs. If you use the RBs it is a great way to double up on some teaching. The QBs space themselves out enough so they don't run into each other. You tell them what play to execute and they do it. You should see the same steps every time.

15. Drops

Put the QBs on a line so you can judge exactly how deep they are getting in their drops. On the command from the coach they will all take the appropriate drop (3 step, 5 step, etc).

16. Walk The Field

This is both a way to rep drops and to get some conditioning in for the QBs. They will take their drops, but instead of returning to their original lines (as above), they simply reset from where they are at and go again. You tell the QBs they are going to drop for a specific number of yards and then go from there. If they work to lengthen their drops then they don't have to do as many. But, for those that cut their drops short, they will end up doing extra.

17. Play Action/Screens

Space the QBs out enough so they won't run into each other. They must take the appropriate drop or go through the proper play action. You can have all of the QBs go at the same time to make sure the steps are uniform. Or, you can have them go one at a time to focus more on each individual. It is important that the QBs are ready to throw at the proper times during this drill. Do not allow the QBs to simply take their steps without being prepared to deliver the football on time. Tell them you want to see them begin to throw when it is time. This drill is good because you can rep several play actions and screens during a small 5 minute period without having to waste time waiting for the other 10 players to get back to their positions.

18. Move in the pocket

Space the QBs out enough so they won't run into each other. They must take the appropriate drop and then react to the direction the coach points (forward, backwards, right, left). At some point the coach must make a "ball" call and the QB will then throw to his partner who is about 10-15 yards away. If you move left, push off the right foot first. If you move right, push off the left foot first. If you move back, push off the front foot. If you move forwards, push off the back foot. They must keep 2 hands on the ball and hold it chest high, pushed back on the throwing pec, with their elbows nice and relaxed the whole time they run the drill.

20. Reaction

Have 2 or 3 receivers lined up about 10 yards from the QB. The coach will be lined up another 10 yards behind the QB. On the command the QB will take the appropriate drop. The coach will at some time point to one of the WRs. The receiver will flash his hands for the ball and the QB must throw it. The QB must stay alert and be ready for the ball to go to anybody.

21. Trash Can

Set up a trash can someplace on the field. The QB will take a drop and then throw trying to drop the ball into the can. This is most often used when working on fade routes in the end zone. You can set the can up any where and from any distance. The QB must get the ball to turnover and drop down.

22. Square

The QBs execute the appropriate drop (3-step, 5-step, directional, or tempo). Once done, they will turn and then repeat the drop. After the second drop, they will turn and then repeat the drop again. This should have them create three sides of a square.

23. Drop on a Line

This is really more for a traditional drop back scheme where it is important for the QB to always set up behind the center. The QBs stand on a yard line and then execute their drop. At the end you can tell if they have veered to one side or the other.