

# Quarterback Individual Drills

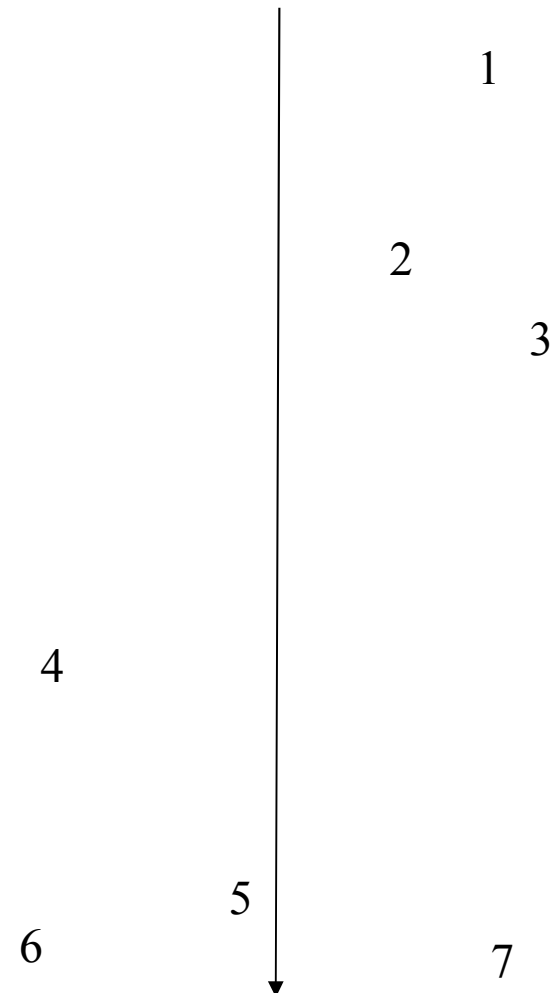


# Quick Feet Drills #1

- Side Straddle over Line
  - Each QB lines up at yardage marker
  - Starting with both feet together
  - Jump back and forth over line
  - Repeat 20 times
  - Then on right foot only
  - Jump back and forth over line
  - Then on left foot only
  - Jump back and forth over line
  - 10 reps each for single foot

# Quick Feet Drills #2

- **Alternate Foot Shuffle/Dancer**
  - Each QB lines up at yardage marker
  - Starting on left foot hop over line landing on right foot
  - Fire two quick steps (left then right)
  - Then quickly while standing on your right foot hop over line to your left foot
  - Fire two quick steps (right then left)
  - Repeat for a count of 20 reps



# Quick Feet Drills #3

- **Box Straddle**
  - Each QB lines up at yardage marker
  - Starting with both feet together hop in the form of a box
  - Repeat 20 times
  - Then hop on right foot only for 20 reps
  - Then left foot only for 20 reps

# Passing Drills

## Grip

- There are many acceptable ways to grip a football with hand size dictating what is possible.
- The one **essential** is that the middle finger and thumb must be exactly opposite each other – such that a straight line could be drawn between them through the ball from the nail of the middle finger to the nail of the thumb. This insures that the ball sits up in the hand with air between the ball and the palm of the hand.
- As a guide the finger placement should roughly be set as follows: the forefinger up toward the top of the ball, the middle finger laying against the first lace, the ring finger resting on the laces, and the “pinky” finger set between laces (if possible).

Note: Placing the “pinky” finger on the laces may cause the QB to pull the ball slightly downward on release – that’s why it is recommended that it should be placed between the laces.

# Passing Drills

## Pre-Pass Position

- The ball should be placed six inches or so from the QB's breast plate
- Always hold the ball in the proper grip to pass the ball
- It is recommended in most cases for the ball to come to the Pre-Pass position directly from the center snap
- On movement the QB should sway his arms slightly while gripping the ball in the Pre-Pass position



Proper Pre-Pass Position

# Passing Drills

There are some key coaching points when instructing a Youth Quarterback to pass the ball– These checks can be done step by step with stops to check alignment, ball and body position

## Use a Push/Pull technique with the hands

1. From the Pre-pass position the ball should be “**pushed**” back to the ear maintaining both hands on the ball.
2. A slight wrist cock should be maintained such that the passing hand wrist is “cocked” toward the ear. You will see this demonstrated successfully when the tip of the ball closest to the ear is pointed slightly downward with the other tip positioned slightly up.
3. The elbow of the passing arm should be at the same level or slightly higher than the shoulder. An elbow lower than shoulder level will result in the QB “pushing” the ball across his/her body, forfeiting velocity and accuracy.
4. Accentuate the non-passing arm “**pulling**” swiftly across the body and past the ribs of the QB when delivering the pass. This will add zip to the pass.

# Passing Drills

## Delivering the Pass

1. When delivering a pass the thumb of the passing hand will pronate downward and finish like the thumbs do when delivering a bounce pass in basketball
2. The forefinger should feel like it is the last finger to leave the ball
3. A short (6 -8 inch) “jab step” with the lead foot should be taken directly at a stationary receiver and slightly ahead (lead) a receiver in motion.
4. It is important to accentuate landing the lead foot on the ball of the foot and not the heel. Landing on the heel is like putting the brakes on in a car.
5. Follow through – so important. Throwing hand should finish at opposite pocket (get change). Back foot should come through and forward directly in a straight line toward the receiver. To accentuate the follow through with the back foot you can ask the QB to take a couple of steps directly toward the receiver.
6. The QB’s chest should finish “square” to the receiver



# Passing drills 1-5

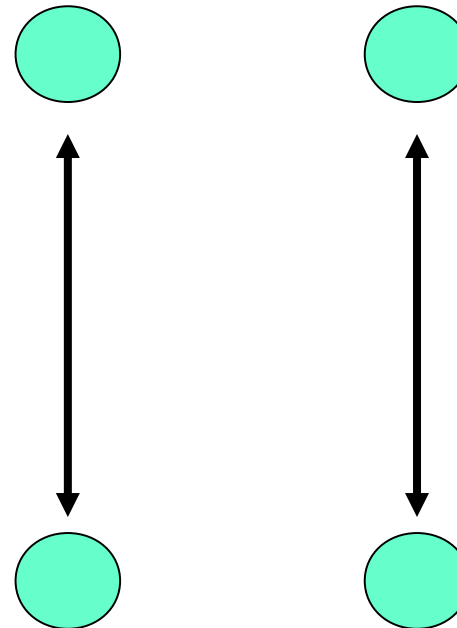
The first six drills will take a pair of QBs and have them face each other from some distance apart.

They are not in a normal pass position but rather set such that they are looking directly at each other with their shoulders parallel to each other

# Drill #1 Passing

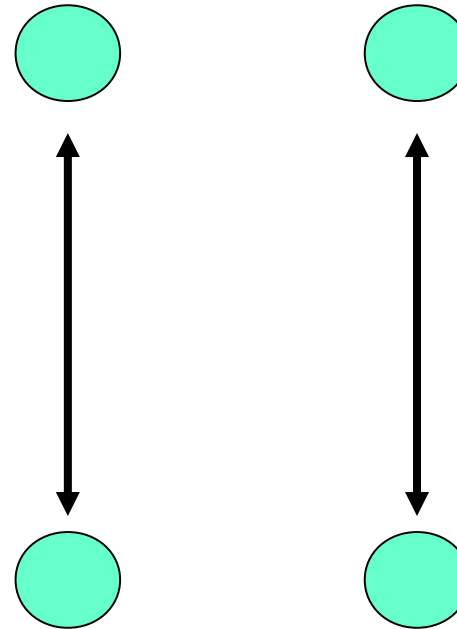
- One Knee facing receiver

- Dominant knee down
- Lift ball up from ground as if taking a snap to Pre-pass position
- **Push** ball to ear maintain contact on ball with both hands focusing on trunk torque – “show a little back number”
- Make the pass focusing on driving (**Pull**) non throwing elbow past ribs
- Make sure the throwing elbow is at shoulder level or slightly higher on pass
- Freeze on finish with throwing hand to opposite pocket, thumb to ground, and off hand behind. Focus on pinpoint accuracy



# Drill #2 Passing

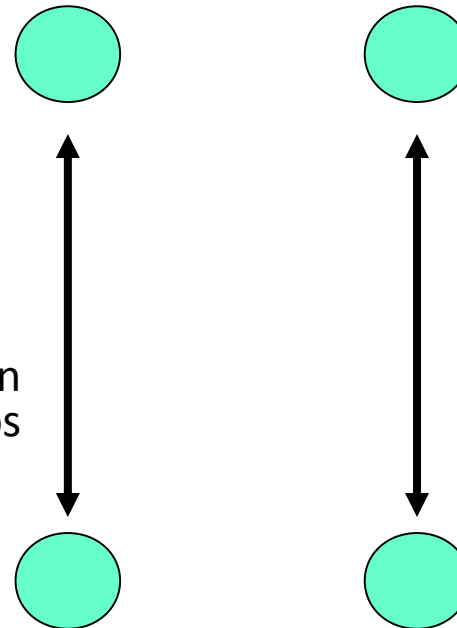
- High Release facing receiver
  - Dominant knee down
  - Pick ball up from ground with fingertips of throwing hand only
  - Extend ball straight overhead
  - Throw with arm straight
  - Finish with thumb to crotch, and off hand behind
  - Focus on high release and vertical accuracy; bisect center of body of target



# Drill #3

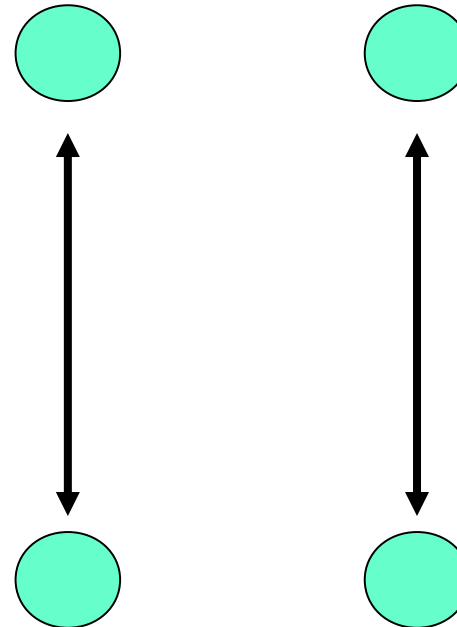
- **Sitting facing receiver**

- Sitting down
- Ball at pre-pass position
- Push ball to ear focusing on trunk torque – “show a little back number”
- Throw straight overhead focusing on driving non throwing elbow past ribs
- Finish with throwing hand to opposite pocket, thumb down, and off hand behind
- Focus on vertical accuracy; bisect center of body of target



# Drill #4

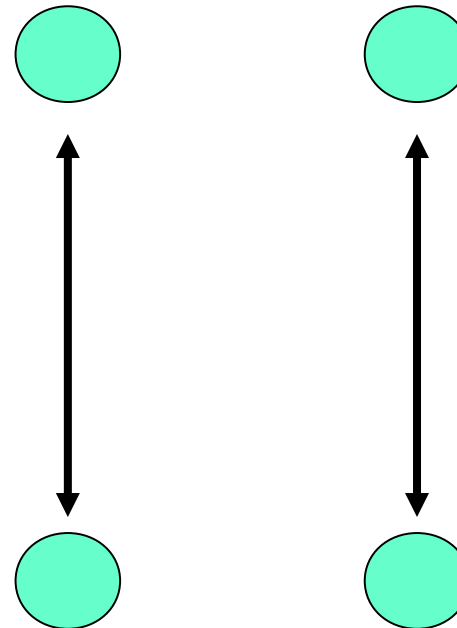
- Standing, Feet Parallel facing receiver
  - Push ball to ear focusing on trunk torque – “show a little back number”
  - Throw straight overhead focusing on driving off elbow past ribs
  - Freeze on finish throwing hand to opposite pocket, thumb down, and off hand behind
  - Focus on pinpoint accuracy



# Drill #5

- **Standing, Opposite Foot Forward facing receiver**

- Heel to toe stagger facing receiver
- Push ball to ear focusing on trunk torque – “show a little back number”
- Throw straight overhead focusing on driving off elbow past ribs
- Freeze on finish throwing hand to opposite pocket, thumb down, and off hand behind
- Focus on pinpoint accuracy



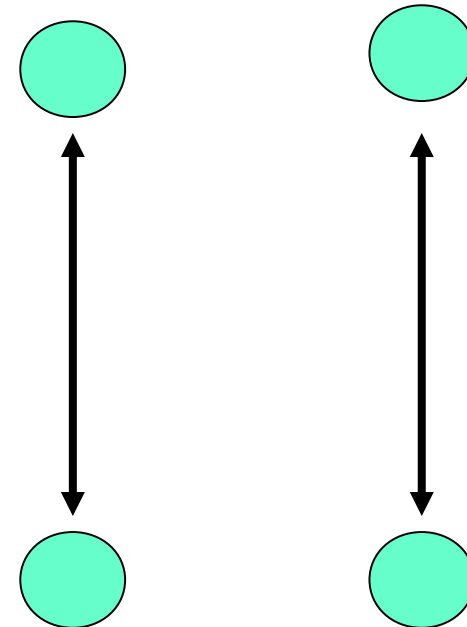
# Drill # 6

- **Stork**
  - Simulate second and third steps of three step drop
  - Ball in pre-pass position
  - Feet set in normal position to pass
  - Raise front foot off ground with knee bent and thigh parallel to the ground like a baseball pitcher
  - Hold position for a second
  - Raised foot then takes a cross-over step lead with heel place foot at about 2 o'clock
  - Take third "settle" step no false steps beyond third step
  - Repeat

# Drill #7

- **Bounce to Throw**

- Start with feet parallel facing the receiver
- Ball in pre-pass position
- Jump/Bounce to normal passing position
- Push ball to ear focusing on trunk torque – “show a little back number”
- Throw straight overhead focusing on driving non-throwing elbow past ribs
- Freeze on finish throwing hand to opposite pocket, thumb down, follow through with back leg
- Focus on pinpoint accuracy

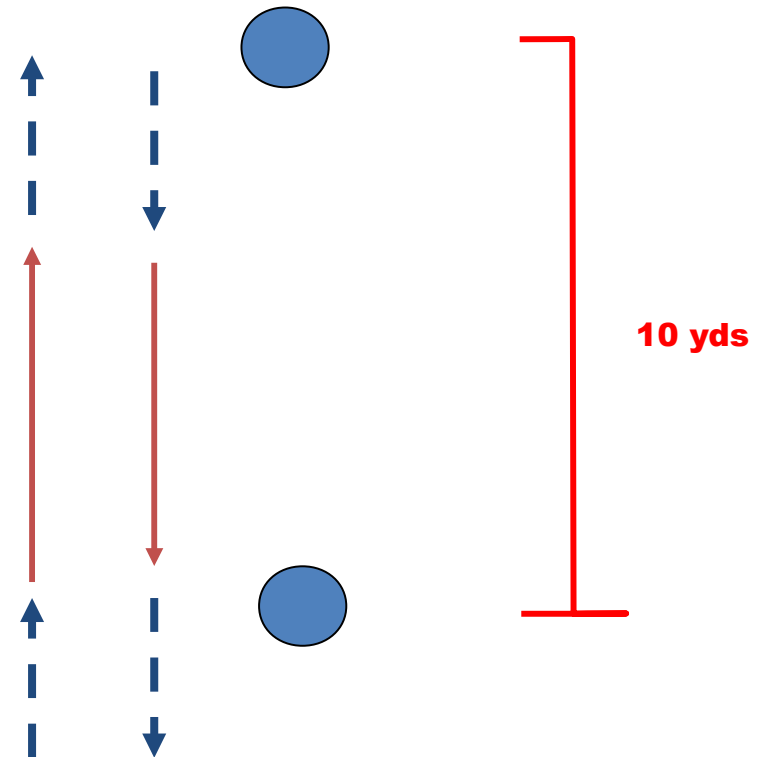




# Drill #8

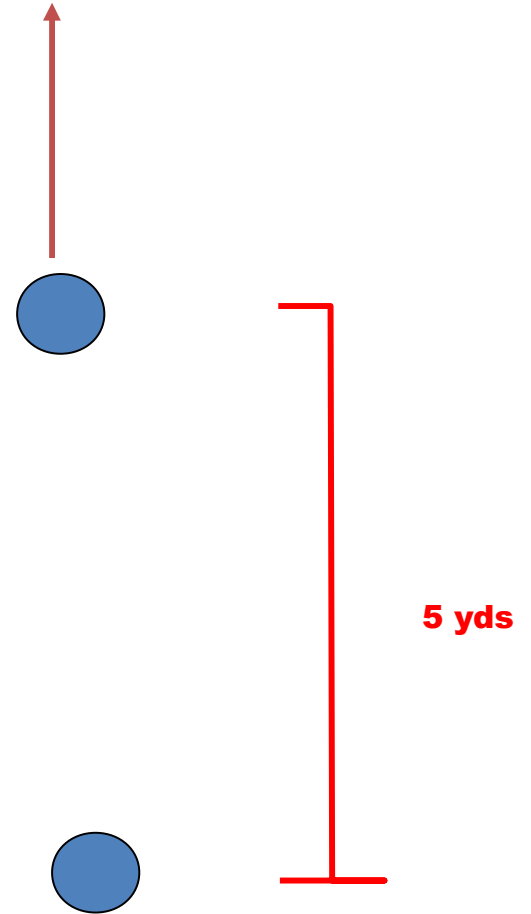
- **Rapid Toss**

- 2 QBs line up 10 yards apart
- #1 with balls jogs at #2 as he backpedals, and throws to the chin
- They then switch and #2 runs at #1
- Catch, gather, and release ball as quickly as possible
- 5-10 reps each



# Drill # 9

- **Back Up Wrist Snap**
  - 2 QBs line up 5 yards apart
  - #1 with ball backpedals as #2 remains stationary
  - #1 throws ball with violent wrist snap
  - They then switch and #2 executes wrist snap at #1
  - 5-10 reps each



# Drill #10

- Snap
  - One QB on one knee and holds one hand parallel to ground to simulate center's butt
  - Other QB assumes good stance, back flat, knees bent, arms flexed, slight stagger to stance
  - Optional for comfort -If QB has long fingers, can interlock thumb of top hand over thumb of bottom hand
  - On cadence, "center" snaps ball into QB's hands



# Drill #11

- **Snap and Pivot**
  - QB receives snap as in drill #10, then pivots on left foot as if foot is nailed to the ground just above the toes



# Drill #12

- **First Step**

- First step of a 3 or 5 step drop is a “kick” step
- QB receives snap as in drill #10, pivots as in drill #11, and takes the first step of a 3 or 5 step drop
- Focus on placement of right foot (right-handed QB) slightly past 6 o’clock
- Put rolled up towel on ground about 1 yd behind QBs feet to focus on depth of first step

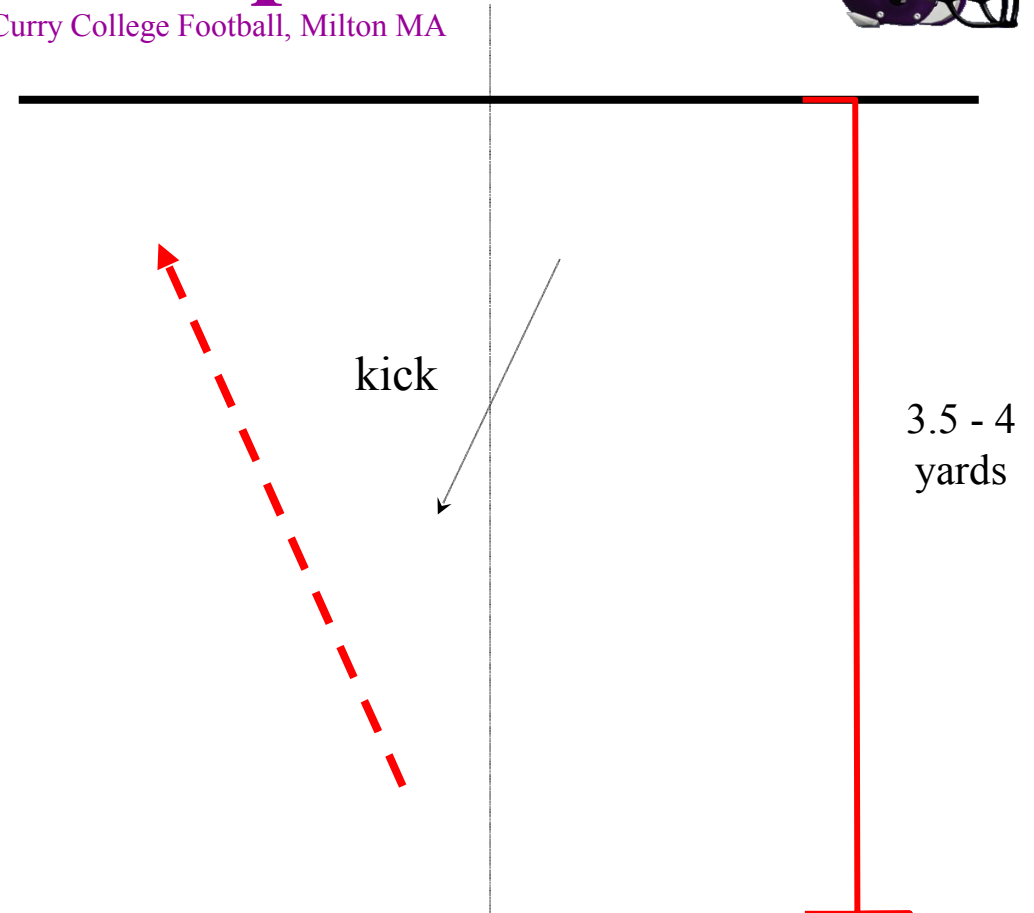


# 3 Step Quick Drop and Plant

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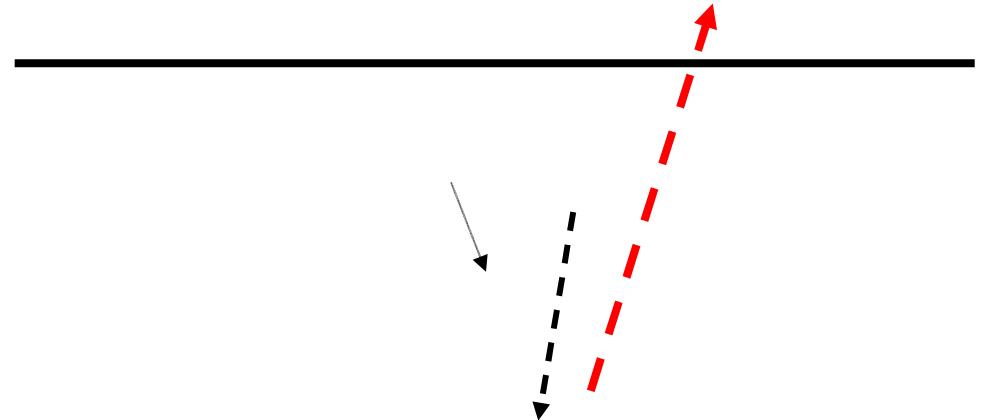


- 1st step is kick step (reading)
- 2nd step is cross over under control - lead with heel, get weight under control
- 3rd step is plant directly under rear shoulder - landing on toes gives a quicker weight transfer for a quicker release
- Throwing left or right - Plant with rear foot angled about 45 degrees left or right depending on which direction throwing ball
- During the drop the QB should hold ball in center of chest and rock naturally from arm pit to arm pit.
- Do not separate front hand from ball too early (before your weight is properly directed off the drive of your legs). Doing so will create accuracy issues



# Drill #14

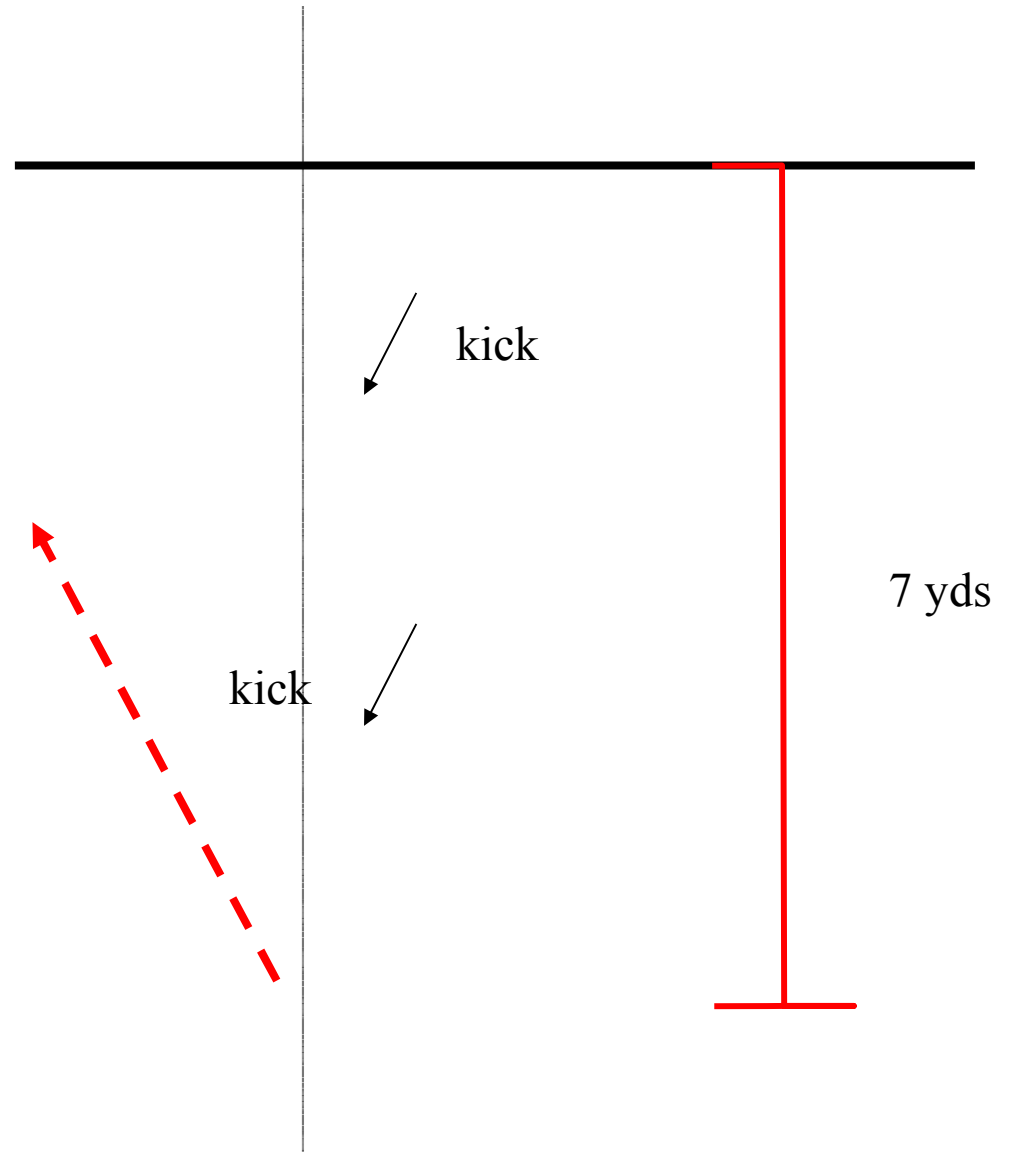
- “3 Step Drop” from Gun
  - “3 step drop” from Gun is actually just adjusting the feet and throw
  - Emphasis on pushing ball up to ear while adjusting feet to get whole body in “cocked” position at the same time
  - slide step with back foot angled in the direction of the throw
  - 2nd step about 4-6” left of the target (for right-handed QB)



# Drill #15

- **5 Step Drop and Settle Step**

- Same as 3 step drop and plant, but with an additional “kick” step as 3rd step, and additional cross-over step as 4th step
- Eyes straight downfield for first 3 steps (reading) before turning eyes to read area
- Take “hitch” up into pocket Step & throw



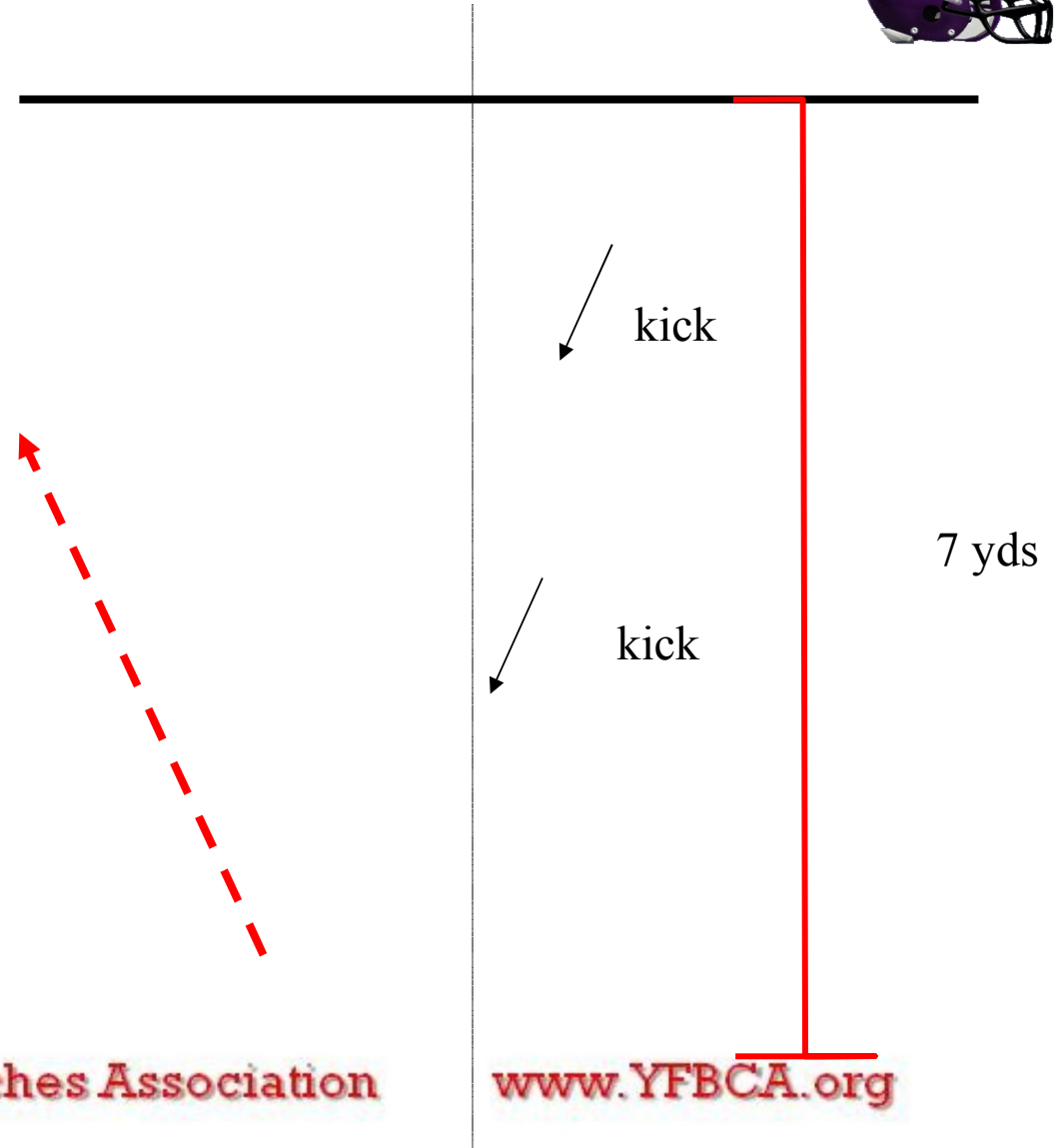


# 5 Step Quick Drop and Plant

Drill Donated by Curry College Football, Milton MA



- Same as 3 step drop and plant, but with an additional “kick” step as 3rd step, and additional cross-over step as 4th step
- Eyes straight downfield for first 3 steps (reading) before turning eyes to read area
- **Plant** 5th step and throw



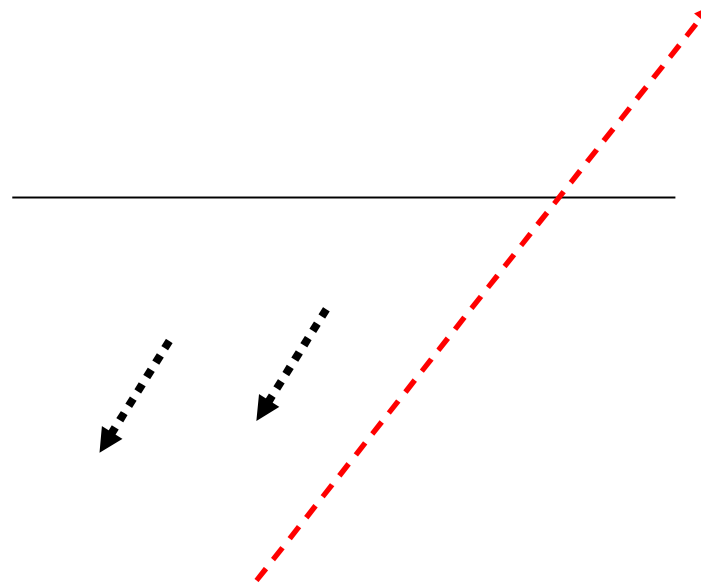
Youth Football Coaches Association

[www.YFBCA.org](http://www.YFBCA.org)

# Drill #17

- “5 Step Drop” from Gun

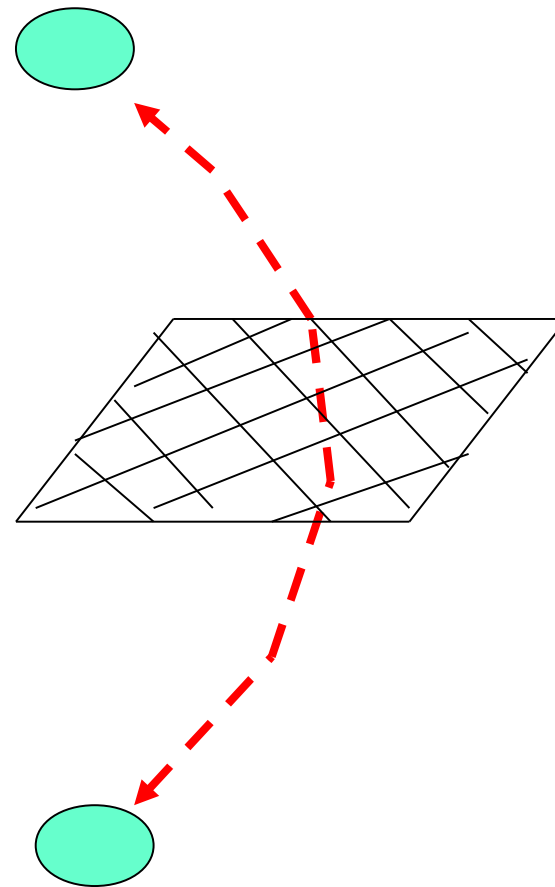
- After securing snap, step with back foot first in direction of throw (right or left), then throw.
- Alternate steps coaches preference – QB executes a full three step drop and then “hitch” step and throw.



# Drill #18

- **Net**

- Two QBs approximately 15 yds apart throw over lacrosse goal post
- Simulates touch pass over LBs
- Ball should be on as much of a line as possible while clearing net and hitting receiver below the shoulder pads

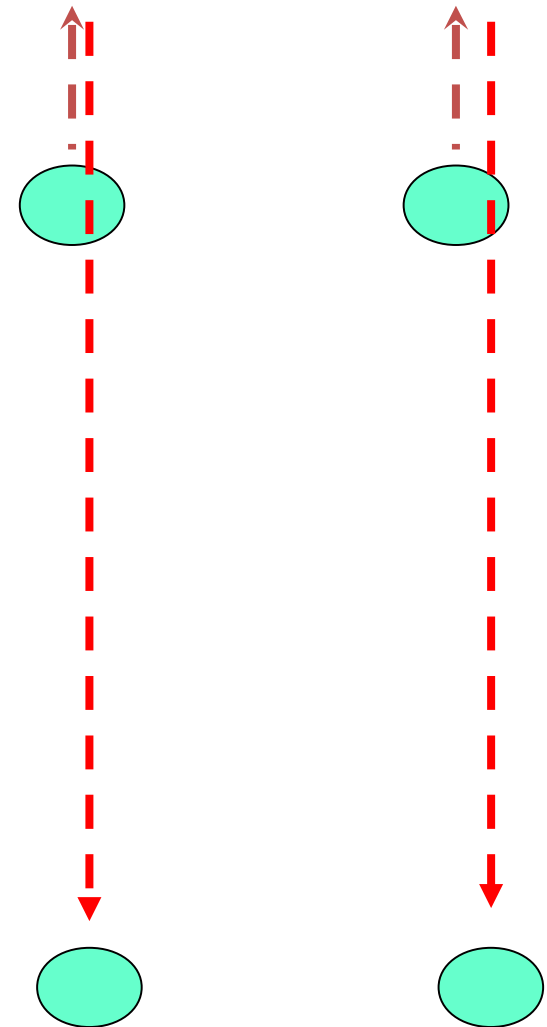


# Drill # 19

## Three Step Drop & Pass Try to use lines on the field

- QBs facing each other 7-10 yards apart straddling a yard line one of the QB's will start the drill with a ball.
- Simulate snap by taking ball in non-passing hand and “snapping” the ball to passing hand
- Ball to Pre-pass position
- Take three step drop
- Deliver pass

Coach: watch to make sure QB finishes with back foot on line – no drifting. Make sure they deliver the ball as soon as they hit the third step no false steps.

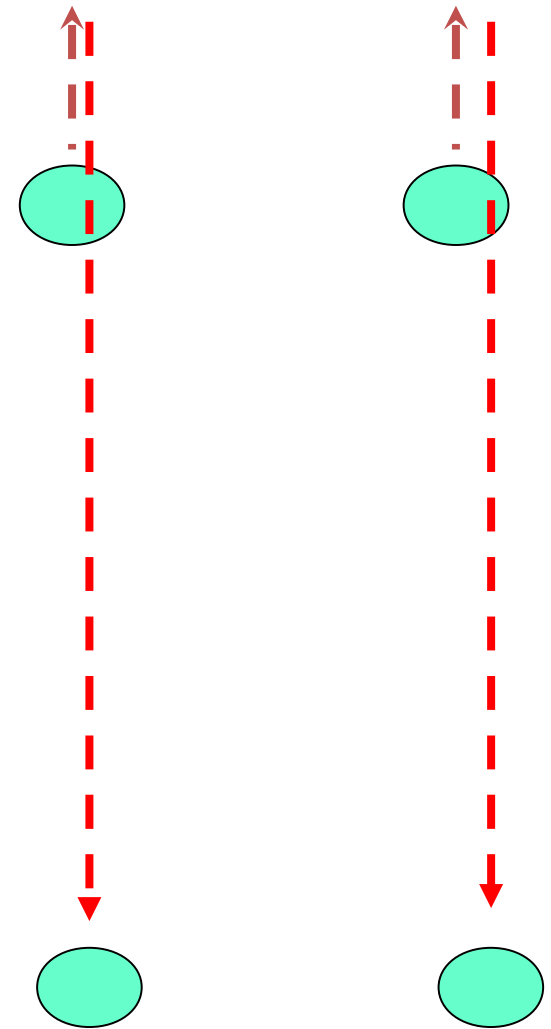


# Drill #20

## Five Step Drop & Pass Try to use lines on the field

- QBs facing each other 7-10 yards apart straddling a yard line one of the QB's will start the drill with a ball.
- Simulate snap by taking ball in non-passing hand and "snapping" the ball to passing hand
- Ball to Pre-pass position
- Take five step drop
- Take hitch step up into pocket
- Deliver pass

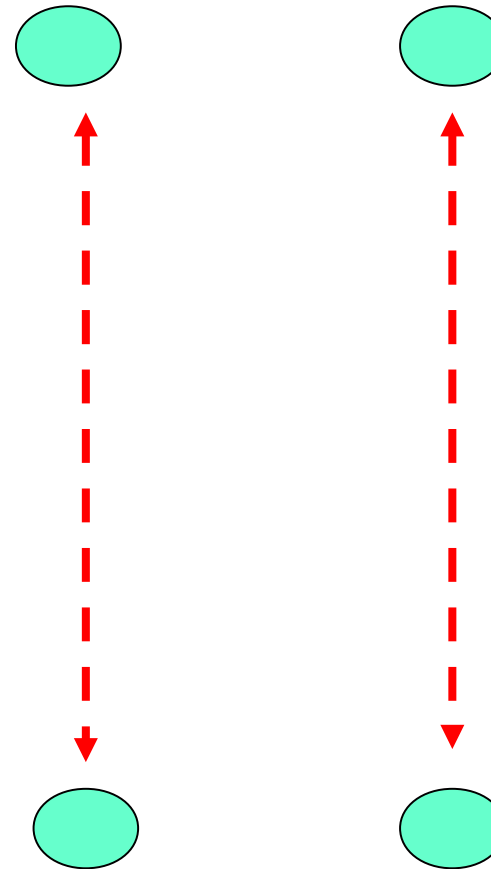
Coach: watch to make sure QB finishes with back foot on line – no drifting.



# Drill #21

- **Long Toss**

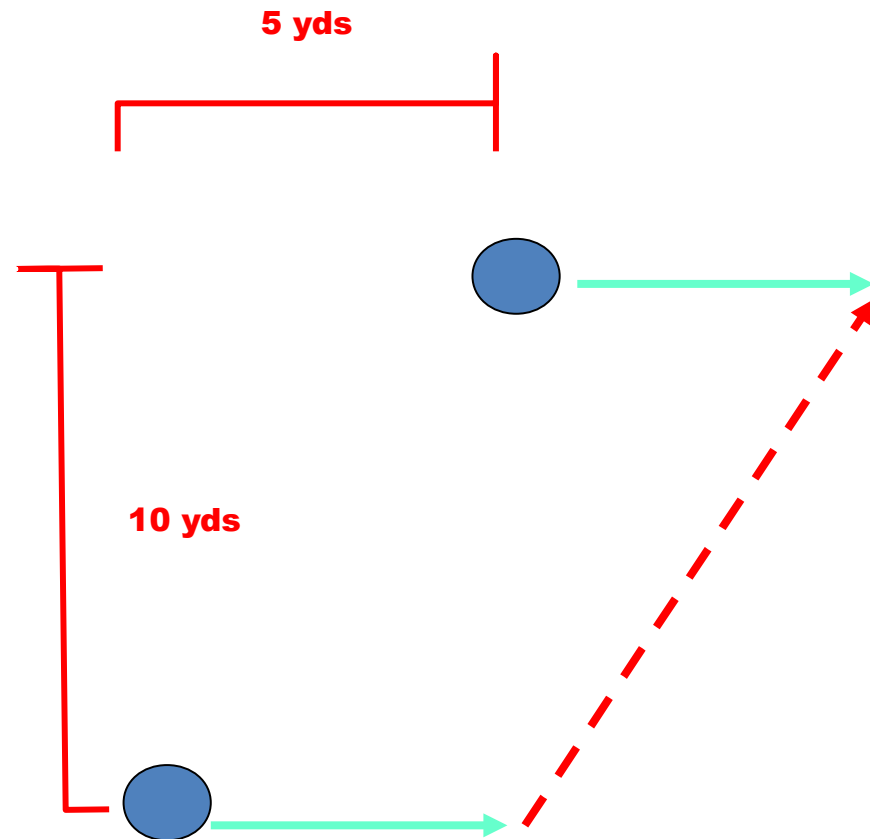
- Two QBs approximately 15-25 yards apart (depends on arms strength – this distance can be extended)
- Adjust plane of shoulders with front shoulder slightly higher
- Touch pass as if trying to “drop a snowball down the chimney”



# Drill #22

- **Sprint Out**

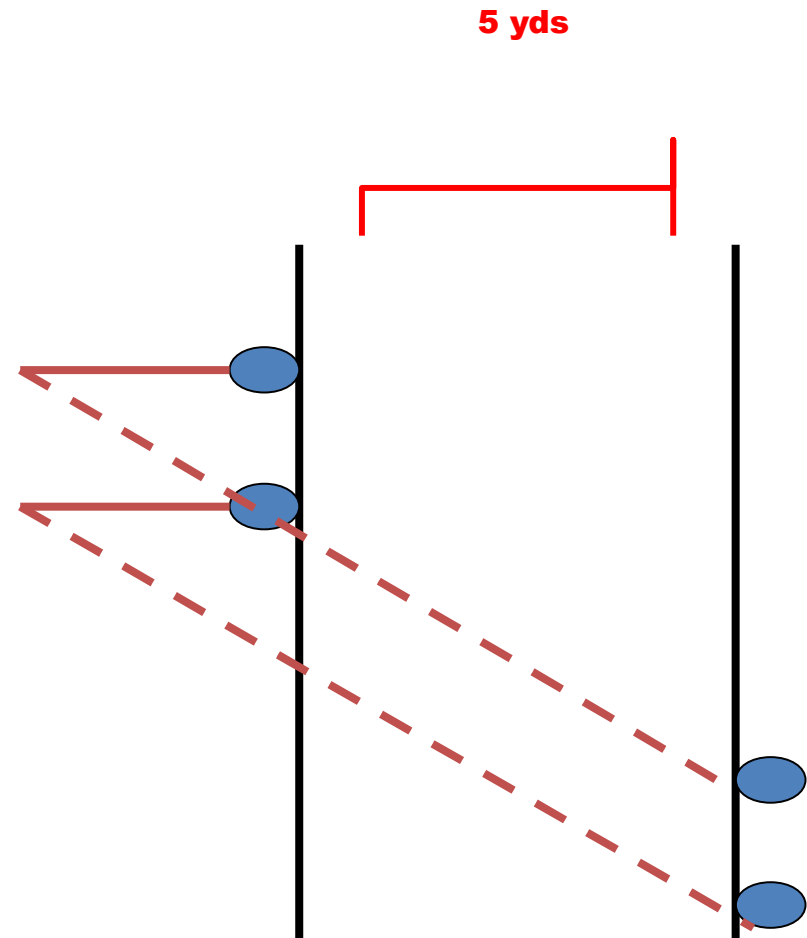
- 2 QBs 10 yds apart, staggered by 5 yds
- On #1's movement both jog parallel to one another
- #1 delivers a pass on the run to #2 on the front shoulder
- Emphasis on form, shoulder turn parallel to receiver (essential) and high release
- Work both sides



# Drill #23

- 3 Step Drop and Throw  
(right and left)

- Two lines of QBs offset and 5 yds apart
- 3 step drop, plant foot on angle and throw to left (as if to flat) and right
- Focus on footwork, high release, follow through and accuracy in hitting the “front” shoulder
- Each group does 5-10 throws left and right

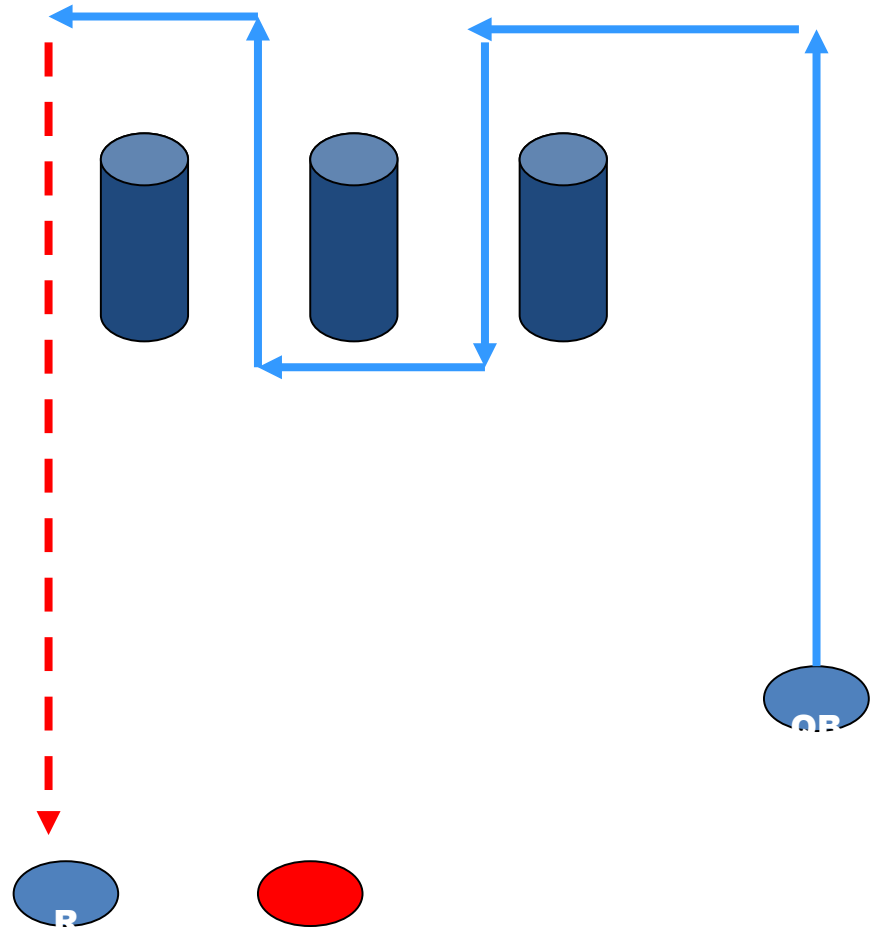




# Drill #24

- **Weave**

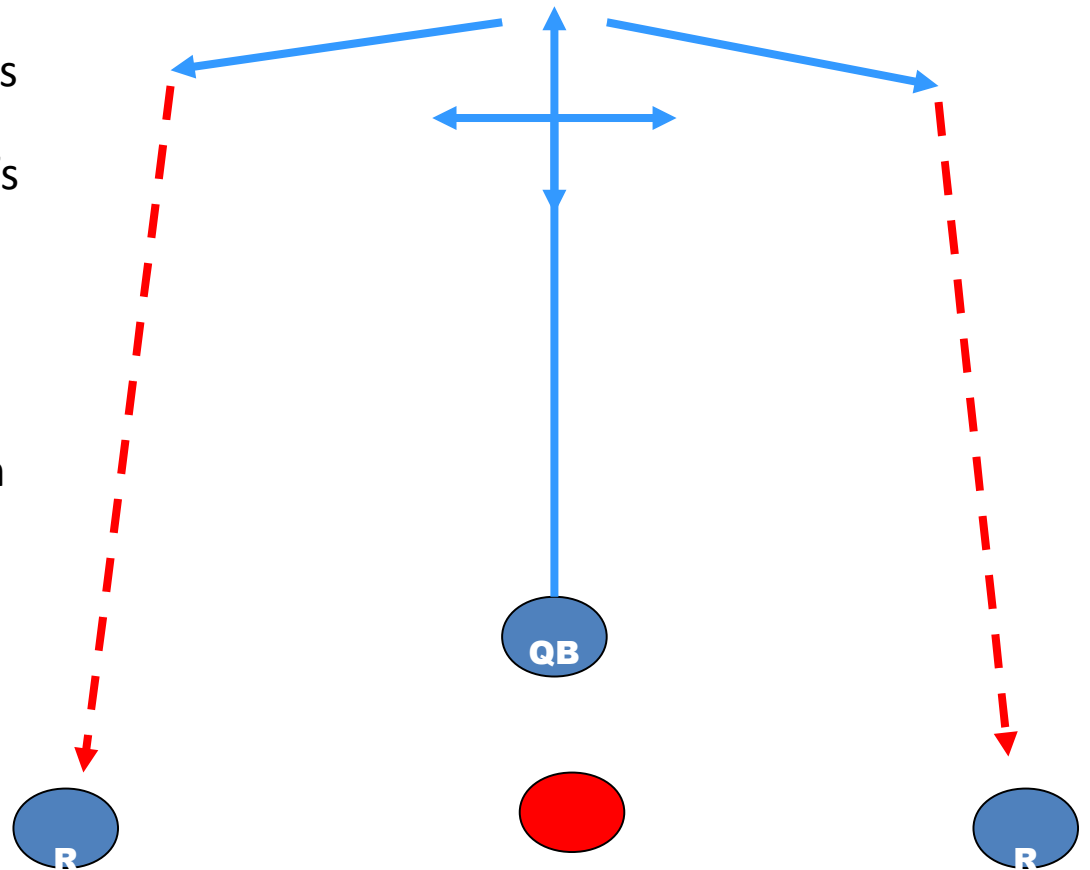
- 1 at a time, QB takes a 5 step drop then shuffles through bags (laid on their side) with ball cocked in throwing position
- Leads with back foot so can step and throw quickly
- On command, delivers ball to receiver (other QB) as quickly and accurately as possible, using great form



# Drill #25

- **Wave**

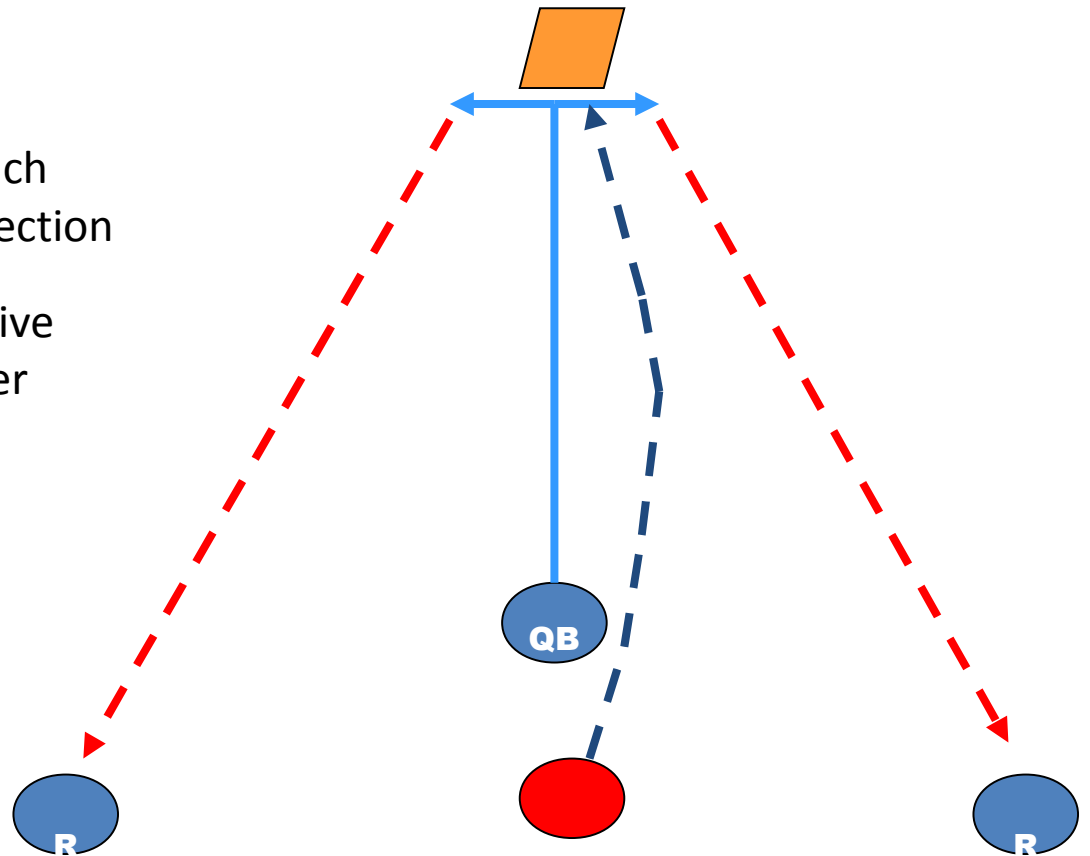
- QB takes a 3 step drop then takes single steps in pocket left, right, forward and backward on coach's command
- After about 3-4 single steps, on coach's command, sprints out to point outside tackle box, sets up and hits receiver with great form and accuracy



# Drill #26

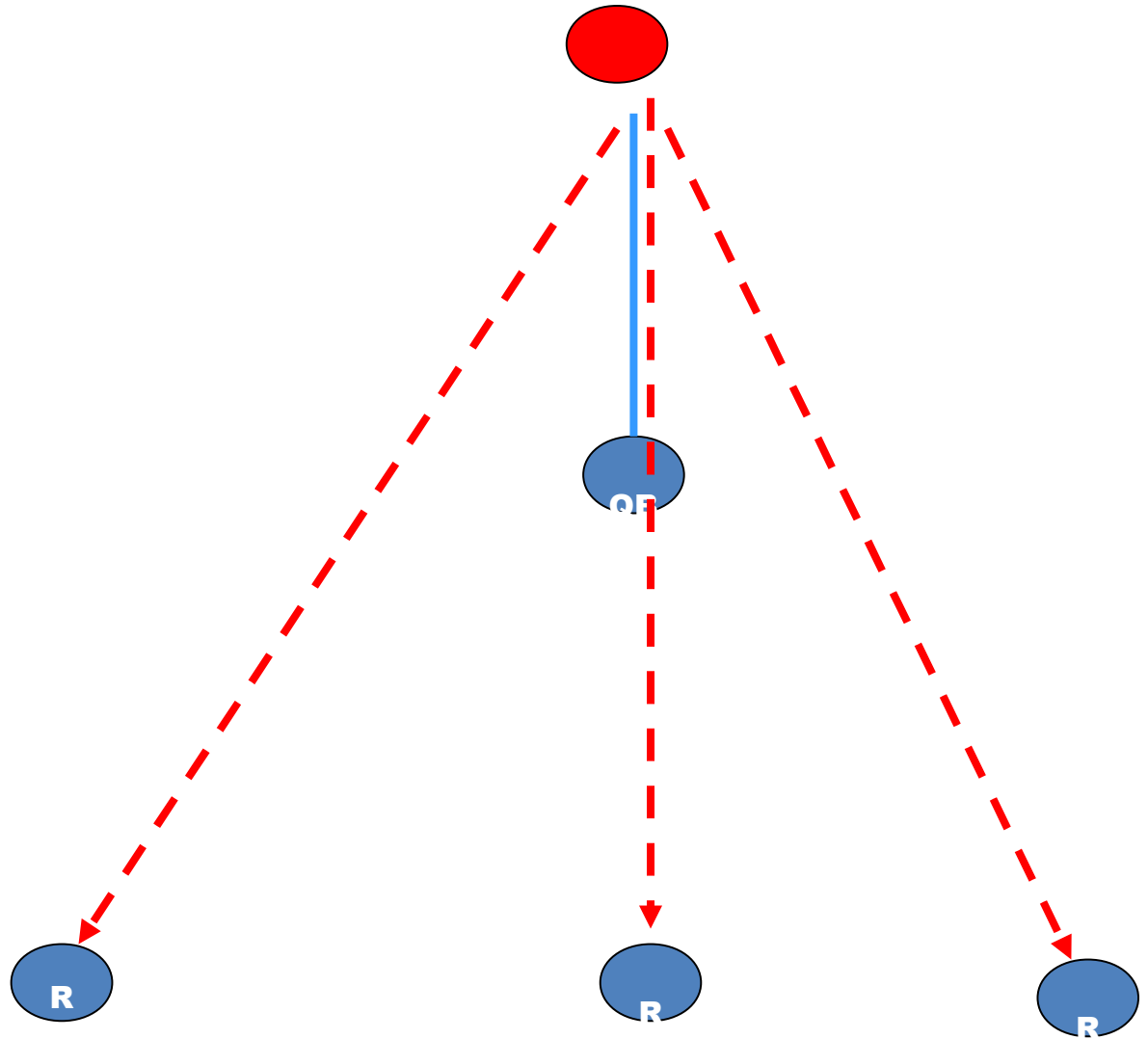
- **Avoid**

- QB takes a 3 step drop
- When he reaches plant step, coach throws a hand shield at his midsection
- QB should take quick, short evasive action to avoid shield then deliver pass left or right



# Drill #27

- Read (for older youth)
  - 3 receivers 15 yds deep and 15 yds apart
  - QB takes a 5 step drop
  - Coach behind QB points to one of receivers to show hands
  - QB should adjust feet and throw to designated receiver



# QB & REC Find the Window

3 defenders at LB depth 5 yds apart

1 receiver aligned at one end behind defenders

QB takes a 3/5 step drop.

On plant step, receiver will start across, and 3 defenders take one giant step left or right at random, creating natural windows

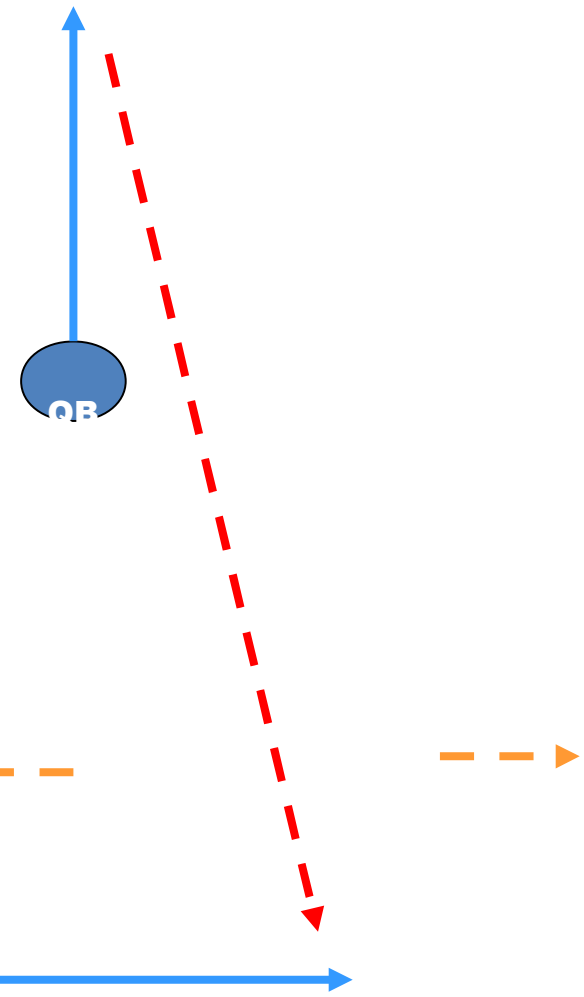
QB should adjust feet and throw to receiver in best window.

\*\* This a great drill for receiver to concentrate & QB to focus on timing.

\*\* Great for a youth team as you have up to 5 player in activity during one drill.

Rotate receivers to LB and LB to receiver.

\*\*Make sure to use your RB as well as receiver.



# Drill #29

- **Option Pitch**

- 2 QBs align 5 yds apart, with #2 1 yd ahead of #1
- They jog down the line together at about  $\frac{3}{4}$  speed
- #1 option pitches to #2; then #1 gets 1 yd ahead of #2, and #2 option pitches to #1
- Emphasis on stepping at the pitch man and delivering a soft, catchable pitch at chest level

