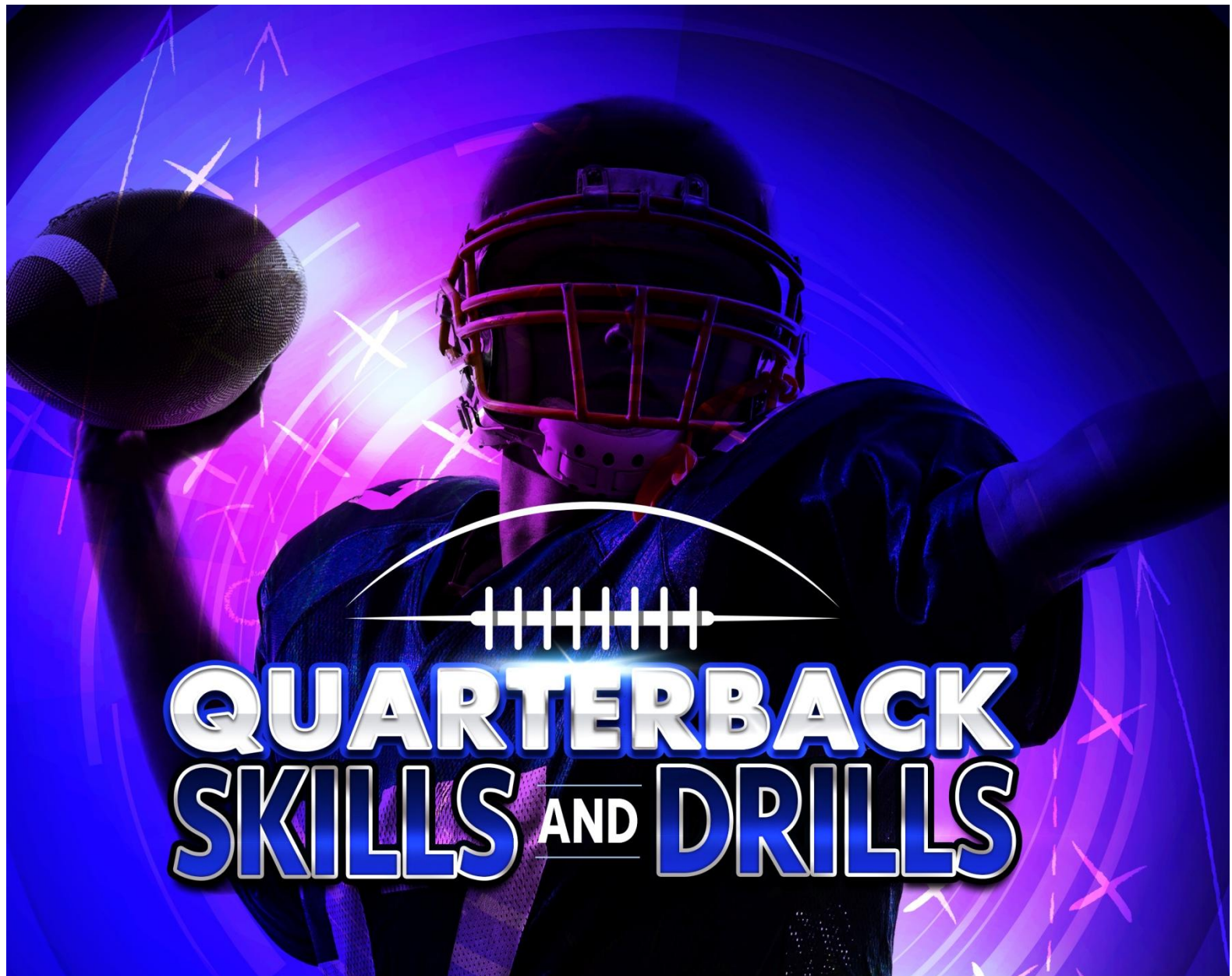




See all these drills on video → <http://www.football-tutorials.com/p/qb-upgrade>

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INTRODUCTION

Quarterback - it's arguably the most important position on the football field. For your team to be successful your quarterback must be many things – a leader, a smart decision-maker, a talented athlete.

He will dictate the offensive plays on the field. Acting both as a direct vehicle for the coach's plays as well as an innovator.

He will need to know how to read the defense, how to run with the ball and also how to throw with accuracy.

The drills inside this guide are designed to help quarterbacks improve at one of their primary job responsibilities – throwing the football.

Players will learn proper mechanics, such as what to do with their eyes, their shoulders and more. Players will learn to rotate their hips and follow-through to improve accuracy and velocity when throwing. They will also learn how to read progressions, improve their ball security and much more.

So often in the game of football your offense goes as your quarterback goes. This guide was created to help elevate your quarterback play so that your team can score more points and win more games.

So make your quarterbacks practice these drills until they become second nature and then sit back and watch your offense start to function better and find the end zone much more often.

FUNDAMENTALS

Following are some basic fundamentals and qualities that can lead to improved quarterback play.

4 Qualities of Successful Quarterbacks:

1. **Leadership** – Your quarterback must be driven to succeed.
2. **Aptitude** – Quarterback must be able to take in information and apply it to the field.
3. **Accuracy** – Quarterback must be able to place the ball at the right spot at the right time.
4. **Drive** – Quarterback must want to be the best at his position and for his team to be the best as well.

Common Quarterback Mistakes & How to Correct Them:

Mistake #1: Spreading hands when taking snap.

Solution: Remind your quarterback to maintain top hand pressure and bottom hand pressure when preparing to take snap this will force his hands to stay together.

Mistake #2: Big windup when throwing the ball.

Solution: Constantly remind quarterbacks to have a small arm circle. The goal is a quick efficient movement that brings the ball up and back quickly and then to whip the arm forward for the release.



Maintain top hand pressure and bottom hand pressure to keep hands together when receiving snap.



Quarterbacks should not take a big wind-up before throwing.

FUNDAMENTALS

Mistake #3: “Opening the door”, i.e. swing his front leg open when making a throw which reduces power.

Solution: Makes sure second step in a three step drop is to straighten left foot up as much as possible to line of scrimmage (for right-handed QB). Another way to solve this problem, is by stepping off to the right on the third step of the three step drop so that he is pointed toward the target.

Mistake #4: Staring at the flight of the ball thus decreasing their follow-through.

Solution: Teach them to focus on the target so that they complete their entire follow-through. This will increase accuracy and consistency.

Pre-Snap Reads:

It’s important for a quarterback to take a “**snapshot**” of the defense before the snap of the ball. The first thing he should look at is the safety box. For example, if there is only one safety deep, then the quarterback would look at the cornerback to determine whether he is playing bump-and-run coverage, man coverage or zone coverage, which he can determine by the way the cornerback is lined up.

The key to determining what the cornerbacks and safeties are doing is **DEL – Depth, Eyes and Leverage**. Taking these three factors into consideration can often give the quarterback insight into what the defense is going to do on the next play.

Because of all the variables involved in football, it’s important that your quarterback becomes a student of the game, constantly studying film and watching games.



An example of “swinging the door open” which causes quarterbacks to lose strength on their throws.

DYNAMIC WARM-UP

Before beginning any drills it is important for athletes to warm-up to avoid injury. This warm-up for quarterbacks includes two phases:

Phase One – Striders.

In this phase, the athletes stride across the field from sideline to sideline. The purpose is to warm and loosen the athletes' bodies and get their blood flowing.

Phase Two – Dynamic Warm-up with static stretches and rotator cuff exercises.

Exercise 1 – Performed from the goal line to the 10-yard line, athletes step out with their lead leg and bend over and touch the field while raising their other leg behind them. In effect, forming an L-shape.

Exercise 2 – (Tin Man). Performed from the 10-yard-line back to the goal line. Players kick their leg forward and touch it with the opposite hand with each step forward.

Exercise 3 – (Imaginary Barrier Drills) Athletes step side to side over an imaginary barrier as they move forward across the 10-yard exercise area.

Exercise 4 – In this exercise, players go under the imaginary barrier instead of over it being sure to keep their shoulders square and their weight equally distributed.



Striders from sideline to sideline are a good way to get quarterbacks warmed up.



Quarterbacks perform the imaginary barrier drill.

DYNAMIC WARM-UP

(Continued)

Exercise 5 – Players perform arm circles with their arms stuck straight out from their sides. First, they go forward, starting with small circles and then gradually making the circles larger and larger as the coach directs them. Next they reverse direction and make the circles going backward, again starting out with small circles and gradually getting larger.

Exercise 6 – (Trunk Twisters) The athletes rotate their torsos from side to side with arms raised so that their hands are at their chest and their elbows are out.

Rotator Cuff Workout. This part of the warm-up includes the most important warm-up exercises a quarterback can do.

Exercise 7 – Players put their weak hand over their dominant hand and then slowly raise their hands from their belly button to the top of their head while pushing down with their weak hand. At the top of the stretch they flip the grip and lower their hands to their belly button while pushing up with the weak hand. Repeat 6 to 8 times.

Exercise 8 – Players interlock their hands behind their head and resist while stretching arms from side to side.

Exercise 9 – Stretch fingers out by pressing them together with hands in the middle of your body, elbows out.



A player makes arm circles.



A player stretches out his rotator cuff.

DRILL #1 – BALL HANDLING

Purpose: Players learn to control the football with their fingertips instead of with the surface of their palm.

Setup: Players line up anywhere on the field, each holding a football.

Execution:

Phase One

1. The players grip and release the football using only their **fingertips**.
2. They do 10 repetitions with one hand and then switch and do 10 repetitions with the other.

Phase Two

1. Players grip and release the football using only their fingertips while alternating hands.

Phase Three

1. Players hold the ball straight out in front of them and drop it, doing one complete revolution around the ball with their hand before trying to grab it.

Coaching Tips:

- Make sure players are only gripping the ball with their fingertips and are not using their palms.
- Phase Three is difficult but is great for developing dexterity and hand speed and thus should be practiced daily.



A quarterback works on Phase 2 of the ball handling drill.

DRILL #2 – TIP OF THE BALL BACK

Purpose: This drill helps players perfect the art of throwing the ball. An improved throwing motion can mean better accuracy, higher speed and greater distance on throws.

Setup: Quarterbacks stand 10 yards apart and face each other. The coach should be nearby to call commands.

Execution:

1. The player with the ball throws it to the receiver upon the receiver's signal.
2. Before throwing, the tip of the ball should be pointed **backward** and players should be focused on shifting their weight from their back foot to their front foot during the throwing motion.
3. The drill continues with the players passing the ball back and forth to each other.
4. As the drill progresses, the coach should evaluate form and make corrections.

Coaching Tips

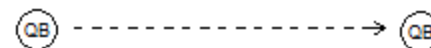
- Pay close attention to **grip**. Players should grip the top half of the ball with index finger and pinkie finger spread out as much as possible. The ring finger should be between the second and third lace. Also, the thumb and middle finger should be on the same plane around the football. Finally, you want space between the ball and the player's palm.
- Also during the drill make sure players are stepping forward and properly shifting their weight behind their throw to increase speed and accuracy.



Proper football grip.



Tip of the ball back and then the follow through.



DRILL #3 – QUICK TOSS

Purpose: This drill is designed to help quarterbacks improve their accuracy and release time.

Setup: Two players start out standing five yards apart and then move to 10 yards apart after six to eight reps. The coach should be nearby to call commands.

Execution:

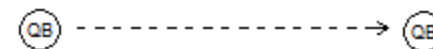
1. The quarterback with the ball gets in “**profile**” position, which means knees are bent, the lead shoulder is pointed toward the target and feet are moving.
2. Receiver flashes a hand.
3. Immediately upon seeing the flash of the hand, the quarterback throws the ball toward the hand.
4. Perform six to eight repetitions.

Coaching Tips

- Again, pay close attention to grip and form during this exercise. Keeping balanced and properly shifting weight will help the quarterback improve accuracy.



Quarterback prepares to throw during the Quick Toss Drill.



DRILL #4 – RIGHT KNEE/LEFT KNEE WRIST SNAP

Purpose: All quarterbacks need to throw the ball with **velocity**. This drill takes the players' legs away from them and forces them to work on wrist strength, which can improve velocity and spin.

Setup: Two players get down on one knee five to 10 yards apart. The coach should be nearby to call commands.

Execution:

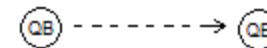
1. The quarterback with the ball holds his throwing arm straight up over his head and passes the ball to the other player using only the snap of his wrist.
2. Players continue passing the ball to each other until the coach ends the drill.

Coaching Tips

- Players should snap the ball down just like they are a basketball player shooting a jump shot.



Player prepares to make a wrist snap throw.



DRILL #5 – PUSH PULL

Purpose: Isolates the quarterback's upper platform from his lower platform, helping to increase the strength of his throwing motion.

Setup: Two players, 10 yards apart, get down on one knee facing each other. The coach should be nearby to call commands.

Execution:

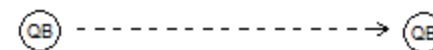
1. The player with the ball pushes back by rotating his torso.
2. Then he throws the ball by pulling his throwing arm forward.
3. When he finishes throwing his throwing shoulder should essentially replace his lead shoulder and be pointed toward the receiver.
4. The drill continues until the coach blows the whistle.

Coaching Tips

- When the player “**pushes back**” with the ball, his lead shoulder should end up pointed directly toward the target.
- The main thing to watch for during this drill is **full rotation** of the torso.



Proper form for the Push Pull Drill.



DRILL #6 – BALL BOUNCE WITH PUSH PULL

Purpose: Adding the bounce to the Push Pull drill helps the quarterback improve his quickness at finding his grip and getting rid of the ball, two essential tasks during game play.

Setup: Two players, 10 yards apart, get down on one knee facing each other. The coach should be nearby to call commands.

Execution:

1. When the player catches the ball, he **bounces** it on the field with both hands.
2. The player then recatches the ball, finds his grip and proceeds with the push pull drill.
3. The player with the ball pushes back by rotating his torso.
4. Then he throws the ball by pulling his throwing arm forward.
5. When he finishes throwing his throwing shoulder should essentially replace his lead shoulder and be pointed toward the receiver.
6. The drill continues until the coach blows the whistle.

Coaching Tips

- Be sure to pay attention to the pace of this drill as it is designed to help quarterbacks **get rid of the ball fast** so you don't want players being lackadaisical. The drill should be performed crisply and quickly without losing attention to detail.



Player catches the ball.



Player bounces the ball.



Player throws the ball.

DRILL #7 – L DRILL

Purpose: Emphasizes the proper transfer of weight during the throwing process, which in turn ensures greater accuracy and distance when throwing the football.

Setup: Quarterbacks line up along a yardline, such as the 5, 10, 15, 20, etc., with their heels on the chalk line.

Execution:

1. The player should begin in the profile position with his heels on the chalkline.
2. The coach says “Go.”
3. The player steps over the line with his lead foot and throws an imaginary football.
4. The player should end with his back foot on the opposite side of the line from his lead foot in an **L position**.
5. After several reps to ensure proper form, the players should begin using a football and passing it to each other.
6. The drill continues until the coach blows his whistle.

Coaching Tips:

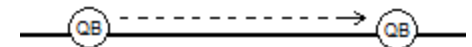
- As with some previous drills, the receiver should continue to flash the target to the quarterback but it should be directly down the line, never off the line.
- In this drill, everything should be done as linear as possible to ingrain proper form in the players.



Beginning foot position for L Drill.



In the finishing position for this drill the players feet should form an L.



DRILL #8 – JUMP THROW/ARM WHIP

Purpose: This drill focuses on the last part of the throwing motion – the arm. Quarterbacks should want their arm coming through like a whip and this drill exaggerates that motion.

Setup: Two players stand 10 yards apart and face each other. The coach should be nearby to call commands.

Execution:

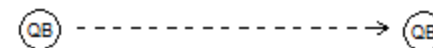
1. When the coach says, “Go,” the player with the ball jumps up in the air and then throws the ball to the receiver by **whipping his arm**.
2. Players should still focus on having a **full range of motion** through the throwing process.
3. The coach blows a whistle to end the drill.

Coaching Tips:

- If at any time you see a player not going through the full throwing motion, blow the whistle and tell everyone to freeze. Go around and make corrections.



Player performs the Jump Throw/Arm Whip.



DRILL #9 – CROSSOVER THROW IN RHYTHM

Purpose: Adds a little footwork to the throwing motion, helping quarterbacks get used to the process of dropping back and then throwing the football.

Setup: Players set up 10 yards apart facing each other. The coach should be nearby to call commands.

Execution:

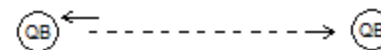
1. Coach says, “Go.”
2. The quarterback takes a crossover step back and **throws in rhythm to the receiver.**
3. The drill continues with the players throwing back and forth to each other until the coach blows his whistle.

Coaching Tips:

- Throwing in rhythm means the quarterback throws immediately upon his last step with no additional bounce steps toward the target.
- The quarterback should keep good posture and hold the ball six inches off his throwing shoulder while performing this drill.



Crossover Throw in Rhythm.



DRILL #10 – CROSSOVER AND GATHER UP

Purpose: A variation of the crossover throw in rhythm drill which ends with the quarterback gathering up and throwing instead of throwing in rhythm. This drill continues to help the quarterback get used to dropping back and throwing.

Setup: Players set up 10 yards apart facing each other. The coach should be nearby to call commands.

Execution:

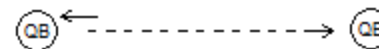
1. Coach says, “Go.”
2. The quarterback takes a crossover step back, **gathers himself** and then throws to the receiver.
3. The drill continues with the players throwing back and forth to each other until the coach blows his whistle.

Coaching Tips:

- The receiver should continue to flash the target and the quarterback should strive to hit that target during this drill.



In this drill, the quarterback “gathers up” before throwing.



DRILL #11 – CLOCK DRILL

Purpose: This drill is designed to get the quarterback's feet following their eyes so that they are able to maintain form and proper body positioning when making throws downfield.

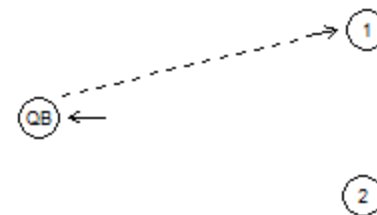
Setup: The quarterback stands with two receivers facing him approximately 20 yards away, one receiver to his left, one to his right. The receiver on the left is labeled Target #1 and the receiver on the right is labeled Target #2.

Execution:

1. The coach says "Go."
2. The quarterback takes a three step drop with a crossover step and sets up in the profile position.
3. The quarterback **"buzzes" his feet** moving his eyes from one target to the next and back until the coach calls out a target number.
4. The quarterback **locks his eyes on the target**, sets his body and makes the throw.
5. The drill continues until the coach blows the whistle.

Coaching Tips

- The key with this drill is the quarterbacks legs should follow his eyes, meaning he should look at the target and then position his body to make the throw so be sure to watch eye movement as well as feet positioning and form during this drill.
- When you call a target number that receiver should immediately flash a target with his hands and the quarterback should try to hit it.



Quarterback takes his drop and scans his targets



On the coach's call (in this case "1"), Quarterback makes the throw.

DRILL #12 – LINE DRILLS

Purpose: These drills are designed to improve quarterback's footwork. Good footwork is essential for moving in and out of the pocket and getting into position to make strong, accurate throws.

Setup: Players line up across a yardline, which they will use as reference point while performing the drills.

Execution:

Drill One – Hops Over the Line

1. Coach says "Go."
2. Players jump with both feet across the line, forward and backward.
3. Coach blows the whistle to end the drill.

Drill Two – Scissors

1. Coach says "Go."
2. Players make a scissor action with their feet across the line.
3. Coach blows the whistle to end the drill.

Drill Three – Steps

1. Coach says "Go."
2. Players step go forward and step three times across the line and then go backward and step three times behind the line.
3. Coach blows the whistle to end the drill.

Drill Four – Carioca

1. Coach says "Go."
2. Players keep their upper body still while their lower body quickly steps and rotates as they move down the line.
3. Coach blows the whistle to end the drill.

Coaching Tips

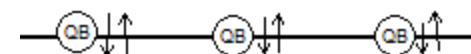
- Be sure as the quarterbacks complete these drills that they **maintain good passer mechanics**, which includes holding the ball six inches off the shoulder at shoulder level, eyes upfield and chin on their shoulder.



Carioca



Hops over the line.



DRILL #13 – TENNIS BALL ROLL/TENNIS BALL ROLL WITH BOUNCE AND DOUBLE BOUNCE

22

Purpose: Teaches the quarterback to be **soft with his feet**, to work on the balls of his feet which enables quick, efficient movements and also helps him be nimble and avoid getting tripped up by ground clutter, like other players' hands and legs, during a game.

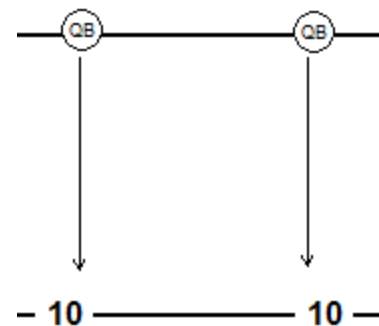
Setup: Players line up across a yard line. The drill is designed to go 10 yards.

Execution:

1. Coach says "Go."
2. Players alternate rolling a tennis ball under each foot as they move forward down the field.
3. The ultimate goal is for players to be able to roll the ball down the field while keeping their eyes upfield and off the ball.
4. Once players are better able to roll the ball, add one bounce and then two bounces to their step to increase difficulty and help them move even more nimbly.
5. The coach blows the whistle to end the drill.

Coaching Tips

- Make sure players are rolling the ball under their foot and not kicking it with the front of their foot.
- Players will stare at the ball as they get familiar with the drill but as they get better the goal should be to have them looking upfield and not down at the ball.



The player performs the drill.

DRILL #14 – CONE DRILLS

Purpose: To improve quarterbacks' footwork so that they can move well and get into position to make quick, accurate throws.

Setup: Place eight cones in a vertical line at one side of the field. The quarterbacks line up behind the cones with a receiver down field in front of them.

Execution

Variation 1

1. Coach says "Go."
2. Players slide forward striking their feet **twice** between each cone.
3. The quarterback's lead shoulder should be pointing down field toward the receiver as he works through the cones.
4. After the last cone, the quarterback slides forward until the target flashes his hands.
5. The quarterback then sets and makes the throw.

Variation 2

1. Coach says "Go."
2. Players slide forward striking their feet twice between each cone.
3. In this variation, the quarterback's shoulders are square to the receiver.
4. After the last cone, the quarterback sets his shoulders so that his **lead shoulder is pointed toward the target** and then slides forward until the target flashes his hands.
5. The quarterback makes the throw.

Coaching Tips

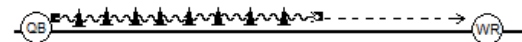
- As players move through the cones they should be looking upfield at their target and not at the cones on the ground.
- When moving and then setting up to throw the quarterback's feet should always be shoulder-width apart so that he has a good base to throw from.



Cone Drill setup.



Player performs Variation 2.



DRILL #15 – ELWAY DRILL

Purpose: Designed to improve a quarterback's ability to move up and back and side to side on the football field.

Setup: Place four bags together on the field so that they establish four areas or quadrants. Coach should be nearby to call commands.

Execution

Variation 1

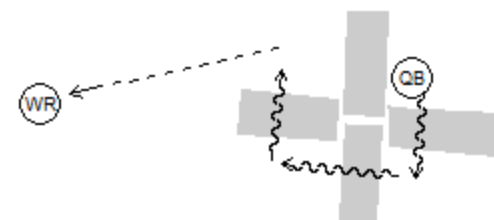
1. Coach says "Go."
2. Coach points the direction he wants the quarterback to slide – up, back, right, left.
3. Quarterback slides until coach says, "Throw."
4. Quarterback sets and throws to the coach who flashes his hands to create a target.

Coaching Tips

- The quarterback needs to keep his eyes upfield
- The quarterback should keep the ball right off his shoulder shelf
- The quarterback should **maintain a slightly forward lean**. Many quarterbacks make the mistake of standing straight up or even leaning backward, which can slow them down because they'll then need to get into a forward lean position to make a football play.



Elway Drill bag setup.



DRILL #16 – SIDELINE TO HASH DRILLS

Purpose: This drill is designed to improve a quarterback's drop-back mechanics.

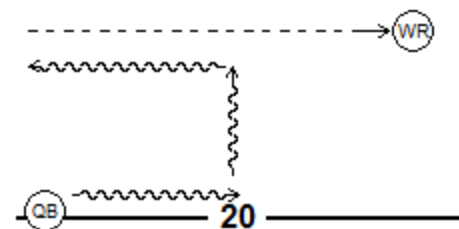
Setup: Players line up on the sideline, slide across the field to the hash and then slide back to the sideline. Coach should be nearby to call commands.

Execution

1. Coach says "Go."
2. Players slides forward along the yardline to the hash.
3. Coach says "Slide Forward."
4. Player slides forward five yards to the next yardline.
5. Player resets.
6. Player slides back to the sideline.
7. Coach says "Slide Forward."
8. Player slides forward.
9. Coach says "Throw."
10. Player throws the ball to the receiver, who has flashed a target.

Coaching Tips

- There's a lot going on in this drill, important components include dropping over, crossing over, keeping eyes upfield at all times, working with the ball efficiently, hitting the set points and sliding to the front.
- Make sure the **quarterback doesn't overextend himself** when sliding forward, feet should always remain at shoulder width.
- If the quarterback is right handed their left foot should always strike on the yardline (for left-handers it should be their right foot) and their midsection should be down the line.



Player slides while keeps two hands on the ball

DRILL #17 – 1, 2, 3 STEP PROGRESSION

Purpose: This drill breaks the quarterback's drop into segments so that he can improve each segment.

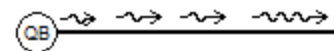
Setup: Players again line up on the sideline, slide toward the hash and back. Coach should be nearby to call commands.

Execution

1. Coach says "Go."
2. Players take one step and set to pass.
3. Players continue to take a one-step drop and set to pass as they move from the sideline to the hash.
4. With each one-step drop the player should **alternate** which side of the field he is going to throw to.
5. Upon reaching the hash, players now begin taking two step drops and setting to pass.
6. Players should continue alternating which side of the field they are going to throw to.
7. Players should end with their right foot off the ground if they are right-handed, left foot if they are left-handed, as this helps to overemphasize the importance of having a good break step.
8. Once back at the sideline, players begin taking three step drops toward the hash, remembering to alternate which side of the field they are throwing to.

Coaching Tips

- On the second step of the three step drop the quarterback's foot should end up **pointing toward the line of scrimmage**, this will enable them to more quickly get set and throw on the third step.
- One way to emphasize the importance of getting a huge first step in a one-step drop is to gently push the quarterback on the hip as he is making that step.



Pushing on hip to emphasize huge first step on 1-step drop.

DRILL #18 – DROP STEP

Purpose: Familiarizes quarterbacks with the following drops: one step, two step, three quick, three big, five quick and five big.

Setup: Players can line up on the field along a yardline. Coach should be nearby to call commands.

Execution

1. Coach says “Go.”
2. Players take the particular drop they are practicing and set to throw.

Coaching Tips

- One important thing to look for as your quarterback is taking his drops is whether he is ending with his back foot perpendicular to the target. This important piece of footwork will enable him to get his shoulders set and release the ball faster.
- Quarterbacks should practice during their drops having their eyes upfield and then “snapping their eyes toward the target”
- You may want to **adjust your quarterback’s drops** based on his talent and the talent of the surrounding players. For instance, if you have fast receivers you may want your quarterback to take short, quick steps back. On the other hand if your quarterback has a strong arm and your receivers are slow, you may want him to take slower, larger steps back.
- On a one-step drop it’s important that the quarterback gets a **huge step back** to clear the line.
- On all drops use the yardline as a reference point to ensure your quarterbacks are dropping back straight.
- On all drops when the quarterback hits his last step, his weight should transfer forward. This will show he is using a proper break step and he is being light on his feet.



At end of drop back foot should be perpendicular to the target.



Player reaches end of drop.

DRILL #19 – SHOTGUN DROPS

Purpose: Familiarizes quarterbacks with common shotgun drops, including the Quick Gain Step, the 3 Quick and the 3 Big.

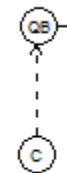
Setup: Players can line up on the field along a yardline.. A player or coach is needed to snap the ball to the quarterback. The coach should be nearby to call commands.

Execution

1. Player sets to receive the snap – feet shoulder-width apart, butt down, big chest, hands up.
2. The coach says “Go.”
3. Player catches the snap and takes the Quick Gain Step that fits your particular scheme – it can be a catch, feet in off-set position and throw; catch, hop and throw; or catch, one huge step and throw.
4. For deeper routes out of the shotgun, quarterbacks can use a 3 Quick or 3 Big Drop.
5. To practice these drops, the coach says, “Go.”
6. The quarterback catches the snap and either takes the 3 Quick or the 3 Big, keeping his eyes upfield and then **snapping his eyes** to the target.

Coaching Tips

- A quarterback’s **pre-snap mannerisms should be consistent** so that the defense can’t tell when the ball is going to be snapped.
- The quarterback’s eyes should always be scanning upfield prior to the snap.



Offset step from shotgun.



Offset step from shotgun.



Proper stance to receive snap

DRILL #20 – COME TO BALANCE DRILL

Purpose: Teaches the quarterback to come to balance and get rid of the football as fast as possible.

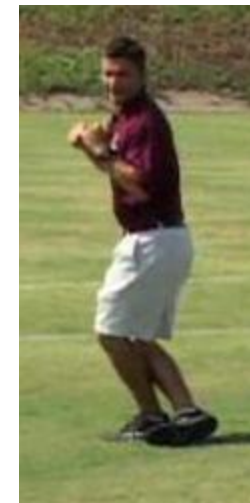
Setup: Players can set up anywhere on the field. You'll need a target for the quarterback to throw to. The coach should be nearby to call commands.

Execution

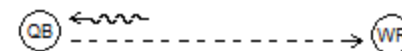
1. Quarterback simulates the snap and begins dropping back.
2. Quarterback continues to drop back until the target flashes his hands and gives the quarterback a target to throw to.
3. Immediately upon seeing the receiver flash his hands, the quarterback sets, **comes to balance** and throws the football to the target.

Coaching Tips

- When a quarterback sees the target he should only take **two steps** – a break step and then a plant step – and then get rid of the ball.
- Dropping the non-throwing shoulder slightly can help a quarterback perform a better break step.



One key thing to practice on this drill is the break step, demonstrated above.



DRILL #21 – SIX CONE DRILL

Purpose: Emphasizes ball security and smooth transitions from dropping back in a linear fashion to having to move around in the pocket to having to get set again.

Setup: Set up six cones with four cones set up in a vertical line five yards apart, the fifth cone should be set five yards to the left of cone 2 and the sixth cone should be five yards to the left of cone 3. You'll need a target for the quarterback to throw to. The coach should be nearby to call commands.

Execution

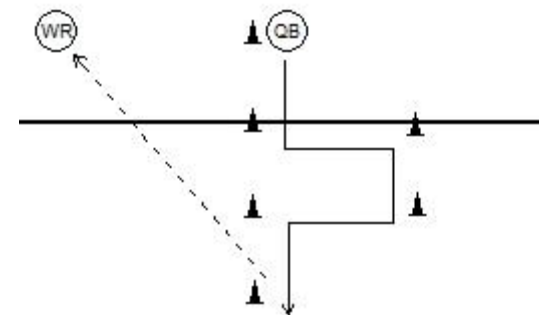
1. The coach says "Go."
2. The quarterback starts at the first cone and drops back to the second cone.
3. At the second cone he slides across to the third cone.
4. At the third cone he drops back to the fourth cone.
5. At the fourth cone he slides across to the fifth cone.
6. At the fifth cone he drops back to the sixth cone.
7. At the sixth cone he slides forward until the coach says throw.
8. He sets and throws the ball to the target, who has flashed his hands.
9. The drill can be reversed with players starting at the opposite end of the cone setup.

Coaching Tips

- Three things to look for during this drill: **smooth transitions from cone to cone**, two hands on the ball for ball security and eyes upfield.



Player performs the six cone drill, two hands on the ball, eyes upfield.



Proper cone setup for Six Cone Drill.

DRILL #22 – WALK & SPRINT BLIND SETUP STRAIGHT/ANGLED

Purpose: Quarterbacking is all about moving, getting to the set position and throwing. These drills are designed to help quarterbacks prepare for the uncertain nature of game play by moving, getting set on command and throwing.

Setup: Players can set up anywhere on the field. You'll need a target for the quarterback to throw to. The coach should be nearby to call commands.

Execution

Variation 1 – Walk and Blind Setup Straight

1. Coach says "Go."
2. Player walks away from target.
3. Coach says "Throw."
4. Player turns, sets and throws to receiver who has flashed a target.

Variation 2 – Sprint and Blind Setup Straight (Player sprints instead of walks)

Variation 3 – Sprint and Blind Setup Angled (Coach points at the angle he wants the player to run)

Coaching Tips

- When running these drills, it's easier to give the quarterbacks prescribed areas to run to complete the drill. For example, you may tell players to run to the hash "there," then the hash "there" and then throw.
- Quarterback should always have two hands on the ball.



Player sprints away from target.



Player turns and throws.



DRILL #23 – ROCK AND POP DRILL

Purpose: Designed to help quarterbacks get rid of the ball when being confronted by a free rusher.

Setup: Players can set up anywhere on the field. You'll need a target or multiple targets for the quarterback to throw to. The coach should be nearby to call commands.

Execution

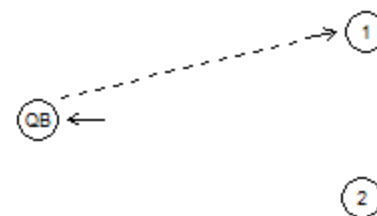
1. Coach says "Go."
2. Quarterback simulates snap and drops back.
3. Coach says target number, such as "One or Two".
4. Quarterback **rocks back on back leg** and throws ball to the target.

Coaching Tips

- The quarterback should keep both feet moving at all times.



Player begins the Rock and Pop throw.



DRILL #24 – FIVE AND DASH

Purpose: In this drill the quarterback escapes the free rusher to his front side.

Setup: Players can set up anywhere on the field. You'll need a target for the quarterback to throw to. The coach should be nearby to call commands.

Execution

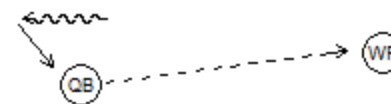
1. Coach says "Go."
2. Quarterback takes a five step drop, bounces up and scrambles to his front side (a right-handed QB would scramble right)
3. Coach says "Reset."
4. Player stops, sets and throws to the target.

Coaching Tips

- It's important that the quarterback **pushes his shoulder back** and gets his lead shoulder pointed toward the target when scrambling to ensure a more accurate throw.



Quarterback escapes forward during Five and Dash Drill, Notice both hands on the ball.



DRILL #25 – FOLLOW ME DRILL

Purpose: This drill is designed to help the quarterback throw better when under pressure.

Setup: Players can set up anywhere on the field. You'll need a target or multiple targets for the quarterback to throw to. The coach should be nearby to call commands.

Execution

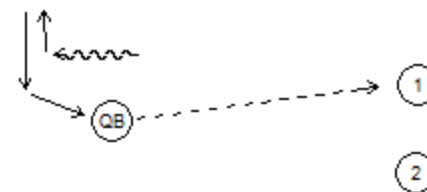
1. Coach says "Go."
2. Quarterback takes a five step drop.
3. Coach says instructions "right, left, back, up" to direct quarterback in sliding around the pocket.
4. Coach says number of target.
5. Player sets and throws ball to target.

Coaching Tips

- Again with this drill it is important for the quarterback to keep is **eyes upfield** and to be scanning the available targets.



Quarterback sets to throw after sliding in pocket.



DRILL #26 – ESCAPE DIMENSION DRILL WITH SCOUTS

Purpose: This drill is designed to improve a quarterback's ability to slide around in the pocket.

Setup: Players can set up anywhere on the field. You'll need two scouts to rush the quarterback. You may also need a target for the quarterback to throw to or the coach can serve as the target.

Execution

1. Coach walks behind the quarterback and uses hand motions to instruct the scouts when and how to rush. Each scout can either cross the face of the quarterback or run behind him.
2. When a scout goes in front of him, the quarterback slides back. When a scout goes behind him, the quarterback slides forward.
3. The coach says "Go."
4. Quarterback takes a five step drop.
5. The scouts rush.
6. The quarterback slides in the pocket and then throws to the receiver.

Coaching Tips

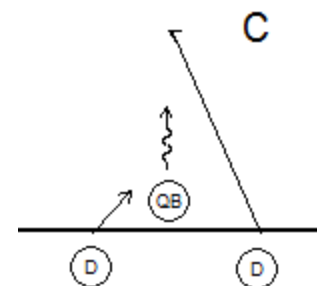
- Make sure the quarterback is not falling into the habit of **watching the rushers**. He should have his eyes upfield at all times.



Quarterback evades the rush.



Quarterback makes the throw after escaping the rush.



DRILL #27 – PROGRESSION DRILL

Purpose: Helps the quarterback work through his **progressions** and find the open man. In this drill there are two scouts – one is at the top of a curl and the other scout is at the top of a speed out. The quarterback does not know who he is throwing the ball to before the drill begins.

Setup: Two players, the scouts, are downfield from the quarterback. The coach is nearby to call commands.

Execution

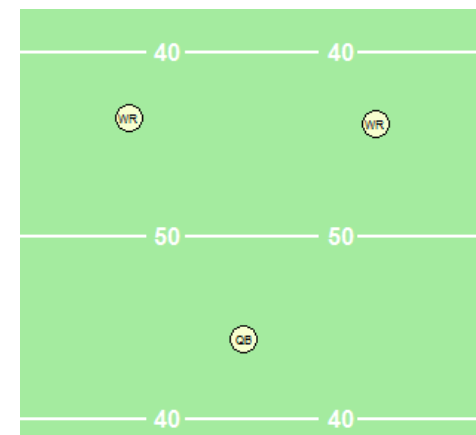
1. Coach walks behind the quarterback and uses hand signals to the scouts so they know who is the hot receiver.
2. The coach says "Go."
3. Quarterback takes a five step drop and looks at the curl.
4. If that receiver flashes a hand signal, the quarterback makes the throw.
5. If that receiver does not flash the signal, the quarterback re-gathers and looks at the speed out scout.

Coaching Tips

•Coaches want **different routes thrown at different steps**. Make sure to adjust the steps that your quarterback is dropping back to fit your scheme.



Quarterback reads his progressions as he drops back.



Quarterback has two options in this drill.

DRILL #28 – WRONG FOOT DRILL

Purpose: As a right-handed quarterback it's only natural to want to throw the ball on the move when your right foot hits the ground (vice versa for left-handers). This drill is designed to help quarterbacks get familiar with **throwing off their other foot**, a.k.a "the wrong foot."

Setup: Two players line up facing each other 10 yards apart. The coach is nearby to call commands.

Execution

1. Coach says "Go."
2. Quarterback with ball throws off wrong foot to receiver who flashes a target.
3. Drill continues until the coach blows his whistle.

Coaching Tips

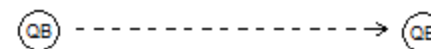
•The key with this drill is to make sure the quarterback is pushing the ball back and **fully rotating his torso** to gain velocity of the throw.



It's natural for right-handed quarterbacks to want to throw on the run when their right foot hits the ground.



Throwing off the wrong foot.



DRILL #29 – ATTACK RETREAT DRILL

Purpose: Another effective drill designed to help the quarterback to get used to throwing on the move.

Setup: Two players set up on the field approximately 10 yards apart facing each other. The coach is nearby to call commands.

Execution

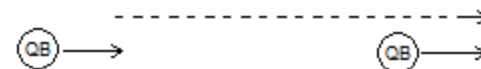
1. The coach says "Go."
2. The player with the ball runs toward the receiver.
3. The receiver retreats backward while still facing the player with the ball.
4. The player with the ball throws to the receiver.
5. When the receiver catches the ball, he now runs toward the other player, who retreats backward.
6. The drill continues for six to eight reps.
7. The coach blows the whistle to end the drill.

Coaching Tips

•Again, make sure each player is **pushing the ball back** and fully rotating their torso to gain velocity on their throws in this drill.



Players take turns attacking and retreating and throwing the ball to each other.



DRILL #30 – CIRCLE DRILL

Purpose: This drill helps the quarterback work on pushing the ball back and rotating his hips to throw,

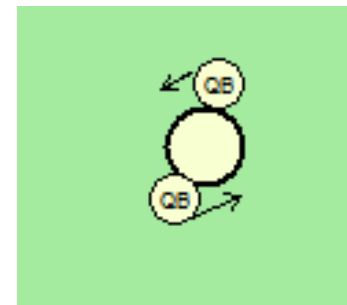
Setup: Two players line up opposite each other across a circle. The coach is nearby to call commands.

Execution

1. Coach says “Go.”
2. The two players start running clockwise around the circle passing the ball back and forth to each other.
3. Coach says “Opposite Direction.”
4. Players now run counter-clockwise around the circle passing the ball to each other.
5. Coach ends the drill.

Coaching Tips

•Be sure the players push the ball back with **both hands on the ball**, this is a good habit to get into to increase ball security during games.



Players start out going one direction and then reverse.



Players perform Circle Drill.

DRILL #31 – SIDELINE TO SIDELINE DRILL

Purpose: Designed to help the quarterback improve at throwing on the move.

Setup: Two quarterbacks line up five yards apart facing each other starting at the sideline. The coach is nearby to call commands.

Execution

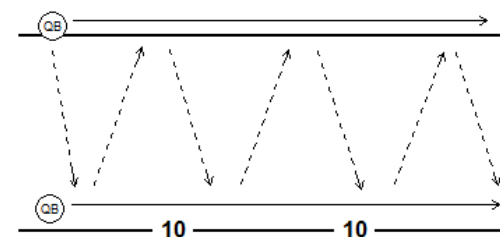
1. Coach says "Go."
2. The two players start running toward the opposite sideline throwing the ball back and forth to each other.
3. The player with the ball "bows back" a couple of steps off the line, sets his shoulders and makes the throw.
4. The receiver stays on the line and flashes a target.
5. At the opposite sideline, the players move 10 yards apart and then pass the ball back and forth to each other as they return to the sideline where they started.

Coaching Tips

- When a player is running the opposite direction from his dominant hand a lot of coordination is required, so be sure the player is rotating his torso and pointing his shoulders toward the target for **increased accuracy**.
- On the other hand, when players are running the direction of their dominant hand they can get lazy and let their fundamentals slide, be sure players **maintain form** throughout the drill.



Quarterbacks start out 5-10 yards apart on one sideline and run across the field to the other sideline.



DRILL #32 – T-STEP DRILL

Purpose: This drill helps the quarterback get his shoulder square to the receiver faster.

Setup: One player lines up anywhere on the field. Coach is nearby to call commands.

Execution

1. Coach says “Go.”
2. Quarterback takes his normal drop.
3. At the end of the drop, the quarterback takes a T-step in the direction of the imaginary target so that he can then square his shoulders to make the throw.
4. Drill should be run to both the left and right sides.

Coaching Tips

•The depth the quarterback should be aiming for on his drop is **about eight yards**. The number of steps in the drill should 7, 9 or 11 for a very late developing route.



A T-Step helps a quarterback quickly get his shoulders square.



The T-Step.

DRILL #33 – THREE STEP DROP AND RUN DRILL

Purpose: Designed to help the quarterback get used to tucking the ball and running when there is no one open on a three step drop.

Setup: The quarterback lines up anywhere on the field. The coach is nearby to call commands.

Execution

1. The coach says "Go."
2. The quarterback simulates the snap and takes a three step drop.
3. Quarterback scans the field, finds no one open, tucks the ball and runs.
4. Perform 6 to 8 repetitions.
5. Coach ends the drill.

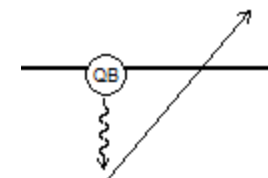
Coaching Tips

- It's important that the quarterback is **decisive** in all his actions. He should move with certainty and confidence.

- In a three-step drop, it is important that the quarterback **does not drift back** while scanning upfield for an open target.



Quarterback tucks and runs after a 3-step drop.



DRILL #34 – POINT GAME DRILL

Purpose: A fun way for quarterbacks to compete and work on improving their accuracy.

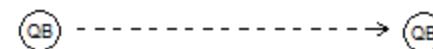
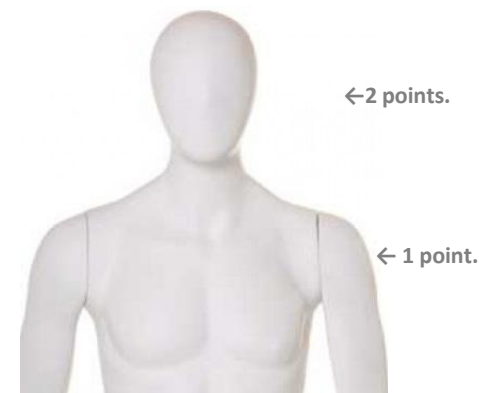
Setup: Two quarterbacks line up facing each other 10 yards apart anywhere on the field. The coach is nearby to call commands.

Execution

1. Coach says "Go."
2. Players pass the ball back and forth to each other.
3. Players earn two points when a pass targets the head, one point when a pass targets the area that stretches from shoulder to shoulder and down to the bottom of the breast plate.
4. The receiver determines whether a point has been scored.
5. The game continues to predetermined point total, such as 7, 11, 16 etc.
6. A player must win by two.

Coaching Tips

- Be sure to pay attention to **form** as the quarterbacks throw the ball to each other.



DRILL #35 – LONG TOSS DRILL

Purpose: Improves quarterbacks accuracy and arm strength.

Setup: Two quarterbacks line up five yards apart. The coach is nearby to call commands.

Execution

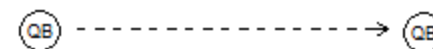
1. Coach says “Go.”
2. Each quarterback throws at the five-yard distance.
3. One of the players then moves back five yards and each throws from that distance.
4. This process continues until they reach their **maximum distance**.
5. At this point they begin working back in at each other, moving five yards in with each throw.
6. Drill ends when players are back to five yards apart.

Coaching Tips

- Be sure each quarterback is squaring his shoulders and stepping forward with each throw.



Quarterbacks play long toss.



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