

## Basic Quarterback Workout – 30 Minutes

| Drill                 | Duration | Page Reference |
|-----------------------|----------|----------------|
| Dynamic Warmup        | 10 mins  | 8              |
| Ball Handling Circuit | 5 mins   | 10             |
| Tip of the Ball Back  | 5 mins   | 11             |
| Quick Toss            | 5 mins   | 12             |
| One Knee Wrist Snap   | 5 mins   | 13             |
| Clock Drill           | 10 mins  | 20             |

All drills are explained inside the Quarterback Skills and Drills eBook → <http://football-tutorials.com/p/qb-skills/>

Upgrade to the Online Video Clinic to see all 35 drills demonstrated on video → <http://football-tutorials.com/p/qb-upgrade/>

## Basic Quarterback Workout – 45 Minutes

| Drill                    | Duration | Page Reference |
|--------------------------|----------|----------------|
| Dynamic Warmup           | 10 mins  | 8              |
| Line Drills              | 5 mins   | 21             |
| L Drill                  | 5 mins   | 16             |
| Push Pull                | 5 mins   | 15             |
| 1, 2, 3 Step Progression | 10 mins  | 26             |
| Come to Balance Drill    | 10 mins  | 29             |

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## Intermediate Quarterback Workout – 45 Minutes

| Drill                     | Duration | Page Reference |
|---------------------------|----------|----------------|
| Dynamic Warmup            | 10 mins  | 8              |
| Ball Handling Circuit     | 5 mins   | 10             |
| Tip of the Ball Back      | 5 mins   | 11             |
| One Knee Wrist Snap       | 5 mins   | 13             |
| Clock Drill               | 10 mins  | 20             |
| Crossover Throw in Rhythm | 5 mins   | 19             |
| Elway Drill               | 5 mins   | 24             |

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## Intermediate Quarterback Workout – 60 Minutes

| Drill                      | Duration | Page Reference |
|----------------------------|----------|----------------|
| Dynamic Warmup             | 10 mins  | 8              |
| Line Drills                | 5 mins   | 21             |
| Ball Bounce with Push Pull | 5 mins   | 15             |
| Sideline to Hash Drill     | 10 mins  | 25             |
| Five and Dash Drill        | 10 mins  | 33             |
| Progression Drill          | 10 mins  | 36             |
| Escape Drill with Scouts   | 10 mins  | 35             |

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## Advanced Quarterback Workout – 60 Minutes

| Drill                       | Duration | Page Reference |
|-----------------------------|----------|----------------|
| Dynamic Warmup              | 10 mins  | 8              |
| Ball Handling Circuit       | 5 mins   | 10             |
| Quick Toss Drill            | 5 mins   | 12             |
| Clock Drill                 | 5 mins   | 20             |
| Elway Drill                 | 10 mins  | 24             |
| Escape Drill with Scouts    | 10 mins  | 35             |
| Wrong Foot Drill            | 5 mins   | 37             |
| Three Step Drop & Run Drill | 5 mins   | 42             |
| Long Toss Drill             | 5 mins   | 44             |

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## Advanced Quarterback Workout – 60 Minutes

| Drill                     | Duration | Page Reference |
|---------------------------|----------|----------------|
| Dynamic Warmup            | 10 mins  | 8              |
| Line Drills               | 5 mins   | 21             |
| One Knee Wrist Snap Drill | 5 mins   | 13             |
| Jump Throw/Arm Whip Drill | 5 mins   | 17             |
| Tennis Ball Roll Drill    | 5 mins   | 22             |
| Cone Drills               | 5 mins   | 23             |
| Six Cone Drill            | 10 mins  | 30             |
| Five and Dash Drill       | 10 mins  | 33             |
| Attack Retreat Drill      | 5 mins   | 38             |

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## Quarterback Footwork and Agility Workout – 30 mins

| Drill                  | Duration | Page Reference |
|------------------------|----------|----------------|
| Dynamic Warmup         | 5 mins   | 8              |
| Line Drills            | 5 mins   | 21             |
| Tennis Ball Roll Drill | 5 mins   | 22             |
| Cone Drills            | 5 mins   | 23             |
| Elway Drill            | 5 mins   | 24             |
| Six Cone Drill         | 5 mins   | 30             |

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## Quarterback Passing Mechanics Workout – 30 mins

| Drill                     | Duration | Page Reference |
|---------------------------|----------|----------------|
| Dynamic Warmup            | 5 mins   | 8              |
| Tip of the Ball Back      | 5 mins   | 11             |
| One Knee Wrist Snap Drill | 5 mins   | 13             |
| Push Pull Drill           | 5 mins   | 14             |
| Circle Drill              | 5 mins   | 39             |
| Point Game Drill          | 5 mins   | 43             |

All drills are explained inside the Quarterback Skills and Drills eBook → <http://football-tutorials.com/p/qb-skills/>

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