

2020

IMG FOOTBALL
QB DRILL BOOK



IMG

ACADEMY

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GROUND ZERO



“The quarterback position can get sidetracked with some unimportant accomplishments. You know, he was 20 of 25 today for 300 yards., but we lost. He did his part.

Pass percentages and numbers are not his job. His job is getting your team into the end zone and winning. Leading and respecting the football, not turning it over. That’s a quarterback!”

OBJECTIVES

Success is built on a foundation of objectives. Objectives provide the guidelines and progress reports to indicate if you are improving. A quarterback without objectives is like a missile without a guidance system - it cannot find a target. Listed below are our basic quarterback objectives that I want you to accomplish. Along with these, establish your personal goals, both individual and team goals. Combine these with your goals to provide the foundation for your success as quarterback.

Quarterback Objectives

- **Be In Phase 85% of your passing opportunities.**
- **Finish Fakes (100%) in all ball handling opportunities.**
- **Display 100% awareness of ball security in every opportunity to run with the football**
- **100% on run checks.**

QUALITIES WE LOOK FOR IN A QUARTERBACK

"It is often said that one candle cannot light another without being aflame itself"

- **Natural competitive instincts are a must.**
- **Spontaneity is a key – ability to exercise creativity to go outside the system.**
- **Quick delivery – the quicker the throw, less time for defense to react. Compact and efficient**
- **Agility and movement – create with his feet.**
- **Athletic intelligence (football smart) – the ability to think on his feet – identify opportunities and solve problems the instant that they occur in a game. That quality is in all great quarterbacks. They have "IT".**

My 5 Qualities

- 1 Competitive Instincts**
- 2 Accuracy**
- 3 Decision Making**
- 4 Mobility - Creativity**
- 5 Football IQ**

QUARTERBACK

10 COMMANDMENTS

1. IGNORE OUTSIDE OPINION.

"You know your job, no one else - listen to yourself and do what you believe."

2. HAVE FUN.

"But don't be a clown - a clown has never been a leader".

3. THROW WITH YOUR LEGS.

"Poor feet / legs = Poor throw".

4. KNOW YOUR JOB.

"No one should know your job better than you! (including your coach)".

5. KNOW YOUR PLAYERS.

"Who needs a pat on the !!!, who needs to be challenged. What is each one of your players strengths and weaknesses. (make them all feel important to the cause)".

6. BE THE SAME GUY EVERYDAY.

"Be prepared, so you can be yourself. Consistency = Confidence".

7. THROWING IT AWAY IS OKAY!

"Sometimes it's the best play in your offense".

8. GET YOUR TEAM IN THE END ZONE.

"It's not how you look, how many yards, what your completion % is. Its you job to score points".

9. MANAGE THE GAME. KNOW EVERY SITUATION AND WHAT TO DO.

"Clock - Clock - Clock, Be aware of each situation".

10. KEEP YOUR COOL IN TIMES OF CHAOS.

"Never let them see you sweat - If you are in control they will be".

"WHAT YOUR TEAM WANTS IS A BATTLEFIELD COMMANDER - NOT A CELEBRITY"

GOALS OF THE QUARTERBACK

“Winning is the quarterbacks most important job.”

- **SCORE** – As the quarterback you are responsible for getting your team in the end zone.
- **STAY HUNGRY** – You never stay the same. Strive to get better everyday.
- **WORK ETHIC** – No secrets, hard work.
- **THINK FAST, PLAY FAST** – Preparation.
- **STUDY YOUR OFFENSE** – What, Why, When.
- **FUNDAMENTALS AND TECHNIQUES** – Deal with the details, must be ingrained in you so you react fundamentally. Be quick, but not in a hurry.
- **STUDY DEFENSIVE FOOTBALL** – No surprises.
- **REMEMBER** – “You are never done.”

STAY ON COURSE

3 Things I need you to do:

Remember *why* you came here.

IMG Academy is a top tier academic and athletic academy. You are a student-athlete. Very rarely does athlete come before being a student. You are here to get an education as well as take your athletic ability as far as you can go.

Don't Stop.

Times are going to get tough and certain situations might seem overwhelming but don't stop! Your main focus is to keep moving forward some days it will be an inch and some days it will be a mile but never go through a day not getting better one way or another.

Staying Power- Control Your Surroundings.

When problems seem more than you can bare develop staying power. Do what you got to do. Get the right people in your life. The people you hang out with and let in your circle are the people who have the most influence on you.

CORE CHARACTERISTICS

- **SMART**
- **TOUGH**
- **COMPETITIVE**
- **HARD WORKING**
- **SELFLESS**
- **FOOTBALL IS IMPORTANT**



<u>KEYS TO SUCCESS:</u>	<u>EVALUATION CRITERIA:</u>	<u>EVERY PLAY MUSTS:</u>
BE ON TIME! WORK HARD! PAY ATTENTION!	DO YOU KNOW WHAT TO DO? ARE YOU DOING THE THINGS YOU ARE COACHED TO DO? ARE YOU THE SAME PLAYER EVERYDAY?	DO YOUR JOB FIRST. TRUST THE GUY NEXT TO YOU. COMMUNICATE. FOCUS. FINISH.

KNOW YOUR TEAMMATES

Learn about your teammates:

Ask them about themselves:

Hometown:

Favorite NFL Team:

Any Brothers/Sisters:

Favorite place to eat in College Station:

Favorite TV Show:

Favorite place on campus:

Favorite Football Movie:

GET TO KNOW

Key: Never 0: Very Rarely 1: Rarely 2: Sometimes 3: Often 4: Very Often 5:

1. I worry about making mistakes.
2. I have a very difficult time letting go of mistakes.
3. I bounce back quickly from setbacks.
4. I dwell on mistakes & “carry them” with me to the next play.
5. I consider myself to be a confident player.
6. When I’m not playing well, I get down on myself.
7. On the field I project a confident image regardless of score or situation situation.
8. In critical times in games I find myself thinking negatively.
9. I find myself getting too nervous / anxious for games.
10. I do my best when the pressure is on.
11. I find it difficult to get energized to play a lesser team.
12. I have poor focus when I have to make a critical play.
13. I get distracted during a game.
14. I think too much while I play, instead of just playing.
15. Poor officiating (calls), or opponents behaviors take me off my game.

- 1 0 1 2 3 4 5
- 2 0 1 2 3 4 5
- 3 0 1 2 3 4 5
- 4 0 1 2 3 4 5
- 5 0 1 2 3 4 5
- 6 0 1 2 3 4 5
- 7 0 1 2 3 4 5
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- 13 0 1 2 3 4 5
- 14 0 1 2 3 4 5
- 15 0 1 2 3 4 5

**THE INNER GAME OF A
QUARTERBACK**



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THE INNER GAME OF A QUARTERBACK

- **The purpose of The Inner Game of the Quarterback is to increase the frequency and the duration of moments of slowing the mind. Quieting the mind which expands your capacity to learn and perform at the highest level.**
- **Develop the inner skills to improve your outer skills**
- **Peak performance never comes when thinking**
- **When the mind is so concentrated, that it is still**
- **“In the Zone” - not thinking about how your feet are or where your elbow is or when to transfer weight or how short was my front step.
*Throwing should go through a process which doesn't require thought!!***

THE SELF

“Listen to yourself and do what you believe”

- **Within a quarterback mind there exists a Self 1 (teller) and a Self 2 (doer).**
- **The key to becoming a great QB lies in improving the relationship between the conscious teller, (Self 1), and the natural capabilities of(Self 2).**
- **Self 1 likes to do things right and doesn't' t trust Self 2.**
- **When Self 1 judges or self-criticizes Self 2 it produces tension and muscle conflict in the body. It will undermine the confidence in Self 2 causing interference with the fluidity required to be accurate.**

**READ:
THE INNER GAME OF TENNIS
BY TIMOTHY GALLOWAY**

INTERNAL SKILLS

“Trust who you are and what you are and what you feel”

These 3 internal skills will let Self 1 believe in the talents of Self 2.

- 1 Learning how to get the clearest possible picture of your desired outcomes – Positive Self Talk**
- 2 Learning how to trust Self 2 to perform at its best and learn from both successes and failures**
- 3 Learning to see “non -judgmentally” - to see what is happening rather than judging how well or bad the performance was.**



INTERNAL SKILLS

“Let It Happen”

- **State of Relaxed Concentration**
- **Quieting the Mind**
- **Sharpen the Focus**
- **Trust Thyself**
- **Let it Happen**
- **Communicate with Yourself**



IMAGE

"You Do Not Inherit Your
Attitude,
You Create It"

- **Once a negative judgment on your performance is made you have establish a self-identity.**
- **What you tell Self 2, he lives up to it.**
- **"Body Language" – conveys your self image.**
- **Provide yourself and those around you with an image of confidence.**
- **Positive body language is "contagious" .**
- **Feeling it "not thinking it" gives you the knowledge for your body to perform the way you want it too.**
- **Observe your body making the changes necessary in order to execute.**

CONVICTION

“Burn the Boats!”

- **Letting ourselves lose touch with our ability to feel our actions by relying on instructions, we can seriously compromise on our natural learning process and potential to perform**
- **Pay close attention to your body language to get feedback so naturally you teach yourself the technique that feels best for you**
- **Listen and let your coach teach you but let Self 2 be in control because it is your greatest resource.**
- **Commit to all you do and never look back.**

TRUE GRIT LEADERSHIP



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How to be a Leader:
"BY YOUR ACTIONS"

CHAMPIONS

Champions carry themselves like champions.

They make championship decisions. They practice like champions, and they train after practice like champions. Players must understand that it has to be a daily process.

You can't pick and choose when you want to train like a champion. You have to do it now, later, and after that.



“Champions Are Made Not Born”

IMG NEEDS A TOUGH QB

Take Command of the Offense

Ownership -

Everyone in your huddle must know their responsibility and is able to execute their job efficiently.

The harder you work, the harder it is for your teammates to surrender.

“NO PAIN NO GAIN - SHOW BLOOD, SWEAT AND TEARS FOR YOUR TEAMMATES AND COACHES AND EVERYONE WILL FOLLOW YOU”.



LEADERSHIP

“A quarterback must first believe in himself. His work must convince his teammates he can be trusted when all else fails.”

- **Be a selfless leader.**
- **Ability to lift your teammates level of performance – inspire others.**
- **Invest in YOUR team.**
- **The quality that when you in the huddle everyone realizes your fullest potential.**
- **It's done by performance, not potential.**
- **Work Ethic – first to arrive, last to leave.**
- **Confidence – If it is to be it's up to me.**

FIELD LEADERSHIP

“Be a Battlefield General”

- **COMMANDING THE HUDDLE** – Take charge, Know exactly what you are going to say before the snap. Be positive in your tone, your teammates can sense your confidence in them and yourself. Speak clearly and distinctly. Make direct eye contact - calm your eyes.
- **COMMANDING THE LOS** – Get your eyes up. Play with tempo. Make the defense feel you are attacking them. Get yourself and your team ready quickly and scan the defense. When all is in order, then proceed with the cadence. Find the Information players before you ask for the ball.
- **CALLING THE CADENCE** - One of the most important parts of leadership. You must show confidence and use a big voice. Must learn to use cadence as an offensive weapon. The quarterback is the master of the piano.

THE BASICS

What we do involves 3 processes:

- 1. Teaching (coaches) – Enable someone to understand how to learn a skill.**
- 2. Learning (players) – Ability to absorb/understand information and apply it to a specific task.**
- 3. Communication (team) – Transfer of ideas, thoughts and information between individuals.**

To succeed requires us to focus on the “specific detail” of this information and apply a “mental discipline” to each task.

Before a QB can: “learn how to win”

A QB must: “learn how to learn”

After faith and family, commitment to the success must be the most important thing in your life!!



The Leadership Traits of Russell Wilson

- 1 Maintain a Positive Attitude
- 2 Know your Goals
- 3 Admit your Mistakes
- 4 Separation through Preparation
- 5 Pay Attention to Details
- 6 Set the Tone
- 7 Leave a Legacy

Create 7 of your own.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

COMPETITIVE SPIRIT



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HAVE AN EDGE

SUCCESS IS EARNED

- **WORK HARD**
- **KNOW AND ACCEPT RESPONSIBILITY** – A QB must think like a computer, you get out what you put in. “You become what you think about most.”
- **BE POSITIVE** – People who succeed don’t have fewer problems than those who fail, it is not what happens to us that separates failure from success, it is how we perceive it and what we do about what happens that makes the difference.
- **ESTABLISHING CONFIDENCE** – When a quarterback begins to play error free, players around him begin to believe in him.

FOCUS

FOCUS is about finding simplicity in this Age of Distractions.

It's about finding the FOCUS you need to create, to work, to immerse yourself In what's important. To reflect, take action and find peace, in the things and actions that you control, not things in life that you have no control over.



YOU WERE ALL BORN TO WIN, BUT IN ORDER TO
BECOME A WINNER YOU MUST BE HUNGRY TO LEARN,
COMPETE WITH YOUR COMPETITORS, AND REFLECT
UNYIELDING TOUGHNESS

11 STEPS TO BE THE BEST

- 1 The Best Know What They Truly Want**
- 2 The Best Want It More**
- 3 The Best Are Always Striving To Get Better**
- 4 The Best Do Ordinary Things Better Than Everyone Else**
- 5 The Best Have Zoom – Focus**
- 6 The Best Are Mentally Strong**
- 7 The Best Overcome Their Fears**
- 8 The Best Seize The Moment**
- 9 The Best Tap Into A Greater Power Than Themselves**
“THE TEAM”
- 10 The Best Leave A Legacy**
- 11 The Best Make Everyone Around Them Better**

PREPARE TO EXCEL



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"Victory Loves Preparation"

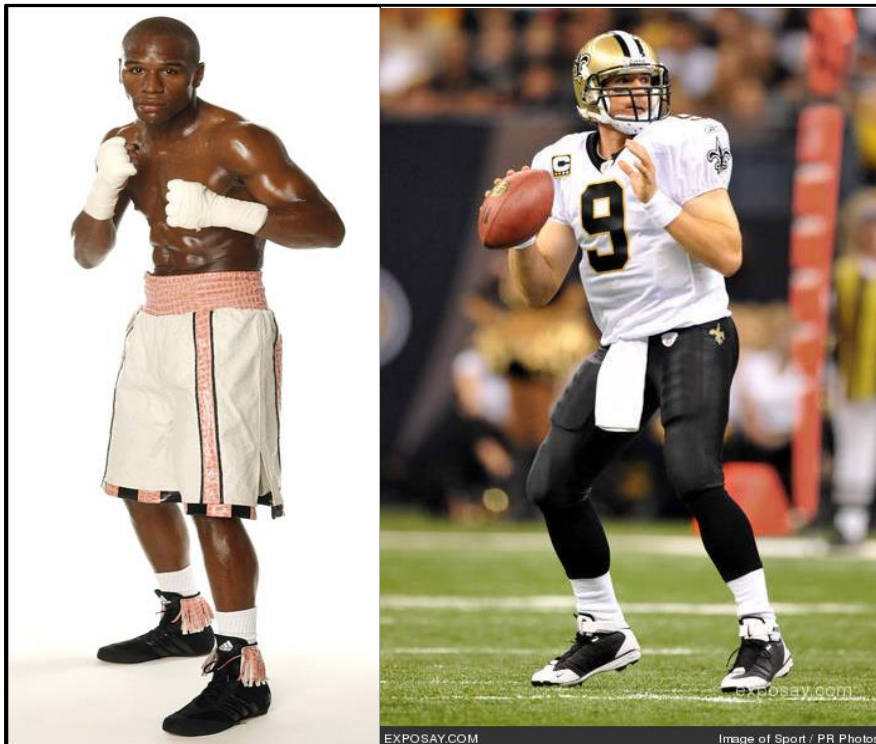
POINTS OF EMPHASIS

- PUNCH STANCE
- 90 DEGREES
- 6 INCH STEP
- ARM SPEED/ELBOW
THE SHORT GUY
- FINISH



PUNCH STANCE

- Building the foundation
- Weight load
- Hips slightly open
- Little knee bend
- Back foot in the ground

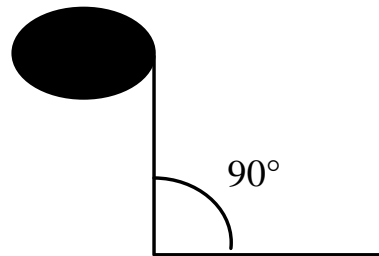


90 DEGREES

- The angle in which your arm can get its maximum speed while still being accurate



ARM AT 90°



6 INCH STEP

- Compact, compact, and compact
- Step outside your target
- Slight Knee bend , No stiff leg



ARM SPEED

- High release point
- Elbowing – accelerates the shoulders creating Arm Speed.
- Close to the body – Compact = Balance



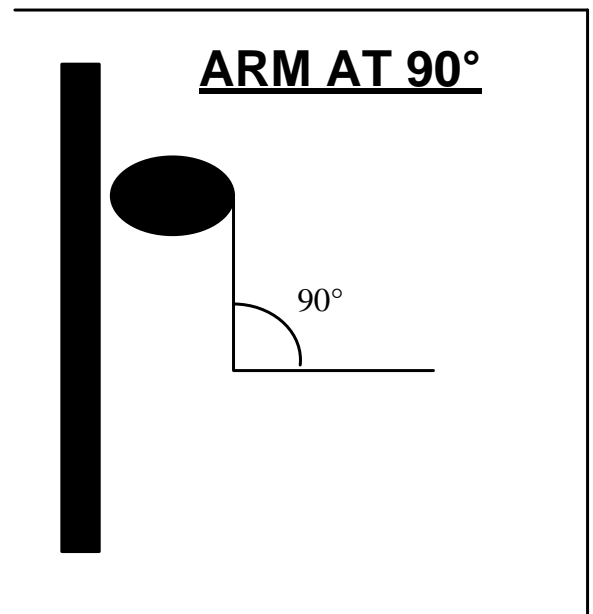
FINISH

- Looking down the barrel
- No pulling the string
- Pitcher on the mound finish
- Good Posture
- Every ounce in your body was used



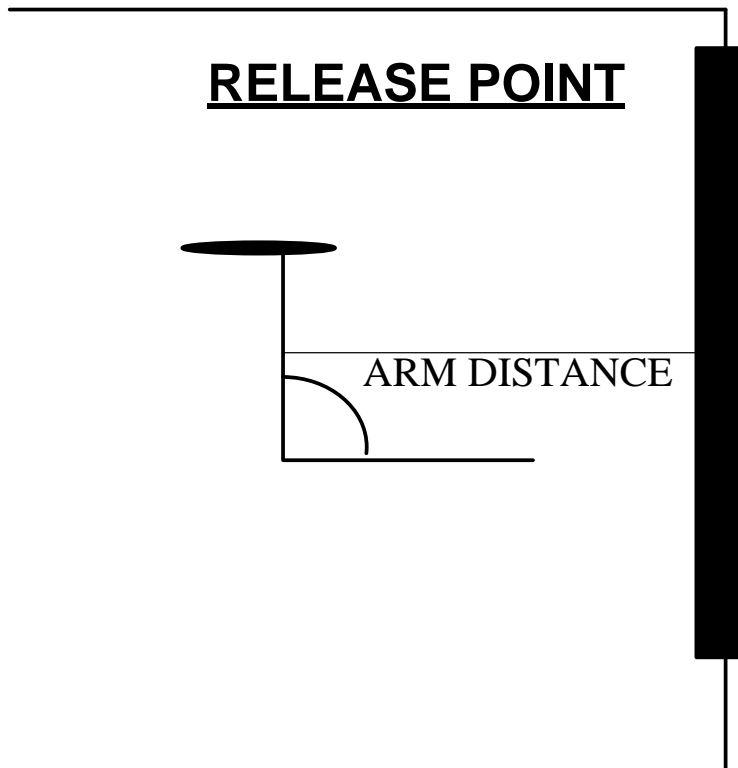
BALL ON WALL DRILL

- Muscle Memory for 90°
- Develops Quick Release
- Develop a more Accurate Throw
- Finish



RELEASE POINT

- DEVELOPING THE FEEL OF THE RELEASE “FLICK”
- ARM SPEED THROUGH OUT
- CONTROL OF THE ARM
- CHEST / SHOULDERS TURN



QB CURRICULUM

- 1. CHARACTERISTICS OF A QB “Our QB”**
- 2. QB Fundamentals “Break it Down”**
- 3. Football 101 (Size of field, etc.)**
- 4. Defense Schemes**
- 5. Simplicity of the Offense & PHILOSOPHY
“Numbers, Leverage, & Match ups”**
- 6. INSTALL Offense “Protections /
FORMATIONS”**
- 7. INSTALL 1 / 2 / 3**
- 8. Situational Football (1st – 4th Down)**
- 9. Situational Football (RDZ / 2 min / 4 min)**
- 10. Situational Football (End of the Game)**
- 11. ZONE BEATERS VS SPLIT & post**
- 12. Man Beaters VS SPLIT & post**
- 13. PRESSURE PLAN**
- 14. UNIQUE COVERAGES “BRACKET”**
- 15. DEVELOP A WINNING EDGE**

HOW TO COME PREPARED

- **Come to meetings on time, all the time. Showing up 15 minutes early is on time, showing up on time is late and showing up late is completely inexcusable.**
- **When entering a meeting, whether it is a team, quarterback or individual meeting you must show up with a writing utensil and a notebook to write in. AT ALL TIMES**
- **When entering a meeting, you must be dressed properly. A quarterback is not held to the same standard as the other positions.**
- **Prepare to work with no distractions**
 - **There is no need to have your phone on you, leave it in your locker.**



PREPARATION

“The will to win is nothing without the will to prepare.”

- **PREPARATION** – The cognitive process of thinking about what you will do in the event of it happening.
- **A QUARTERBACK MUST BE TOTALLY PREPARED** – Physically, Mentally and Emotionally.
- **WORK ETHIC** – Must show up in these areas...
 - IN SEASON
 - OFF SEASON
 - WEIGHT ROOM
 - CONDITIONING
 - LOCKER RM
 - CLASSROOM

CLASSROOM PREPARATION

WHAT – WHY – WHEN

- **THIS IS A BIG PART OF YOUR PREPARATION.**
- **TAKE NOTES – Learn to be detailed.**
- **KNOW YOUR OFFENSE – It's strengths and weaknesses.**
“Run the offense, don't let it run you.”
- **WATCH FILM – With a purpose.**
- **KNOW STRENGTH AND WEAKNESS OF DEFENSE – Not only the scheme, but the personnel.**
- **KNOW SITUATIONAL FOOTBALL – Know your opponent as well as you know yourself.**

TRAIN YOUR EYES

Relax and Calm Your Eyes

- First focus your eyes on something in the distance – **WIDE VISION**
- Bring your eyes back to the LOS – **ZOOM VISION**
- Have direct eye contact with teammates

Discipline Your Eyes

- Know what and why you are looking for
- Locate the player(s) that will give you the most needed information
- Eliminate everyone that is not important to your execution
- Eyes up
- Locate all targets in detail (don't be a scanner)
- Discipline your eyes to look at the small things – **ZOOM FOCUS**

Trust Your Eyes

- Your initial sight is right
- Preparation will develop trusting eyes

Decisive Eyes

- Creates confidence
- Manipulates the defense

DEFENSIVE RECOGNITION UNDERSTANDING BASIC DEFENSIVE FOOTBALL

“Hence the saying: If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”

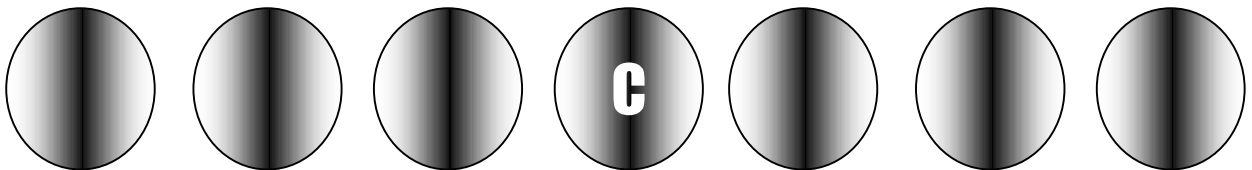
General Sun Tzu

ALIGNMENTS

As a quarterback you must understand the various alignment shades or techniques, because so much of the run game is checked due to defensive line techniques

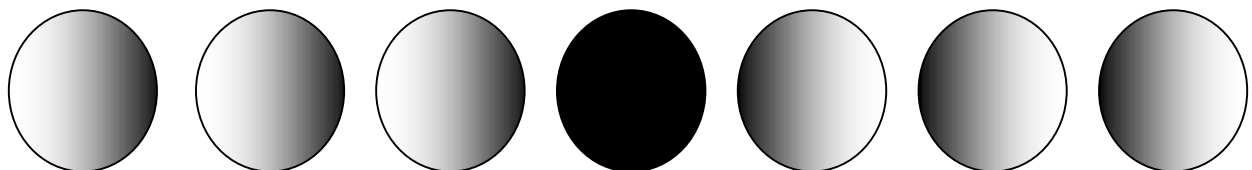
HEAD UP ALIGNMENTS

6 4 2 0 2 4 6



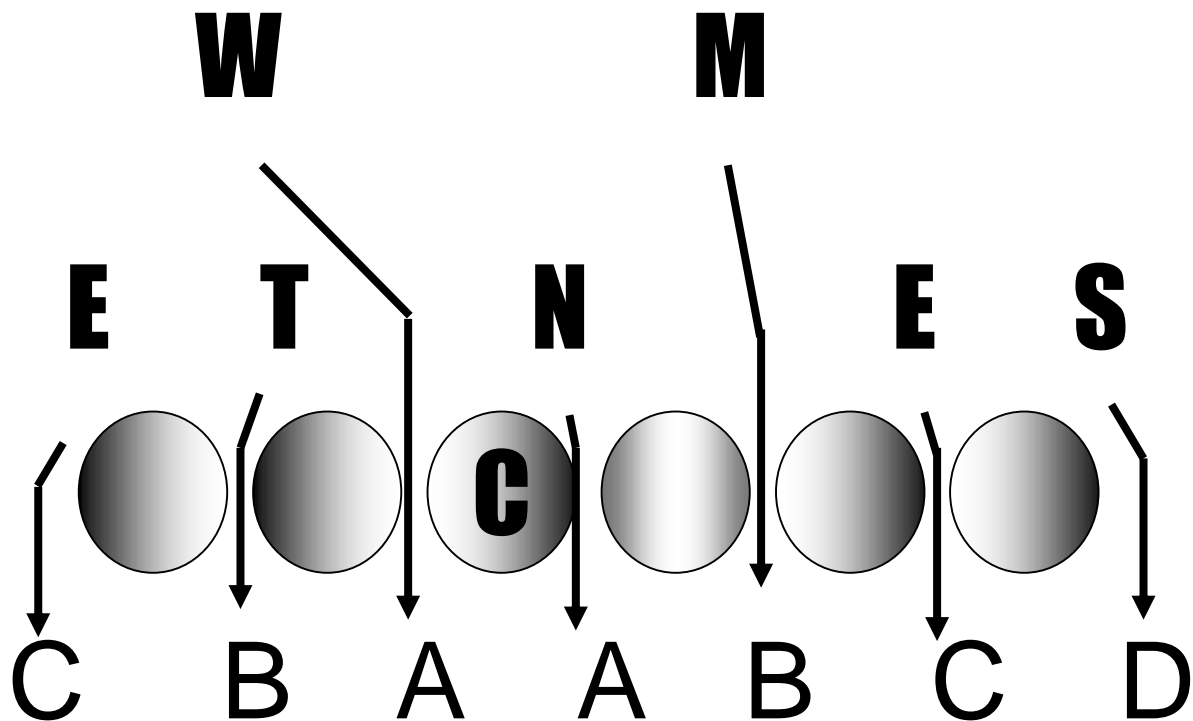
INSIDE SHADE ALIGNMENTS

7 4i 2i 2i 4i 7



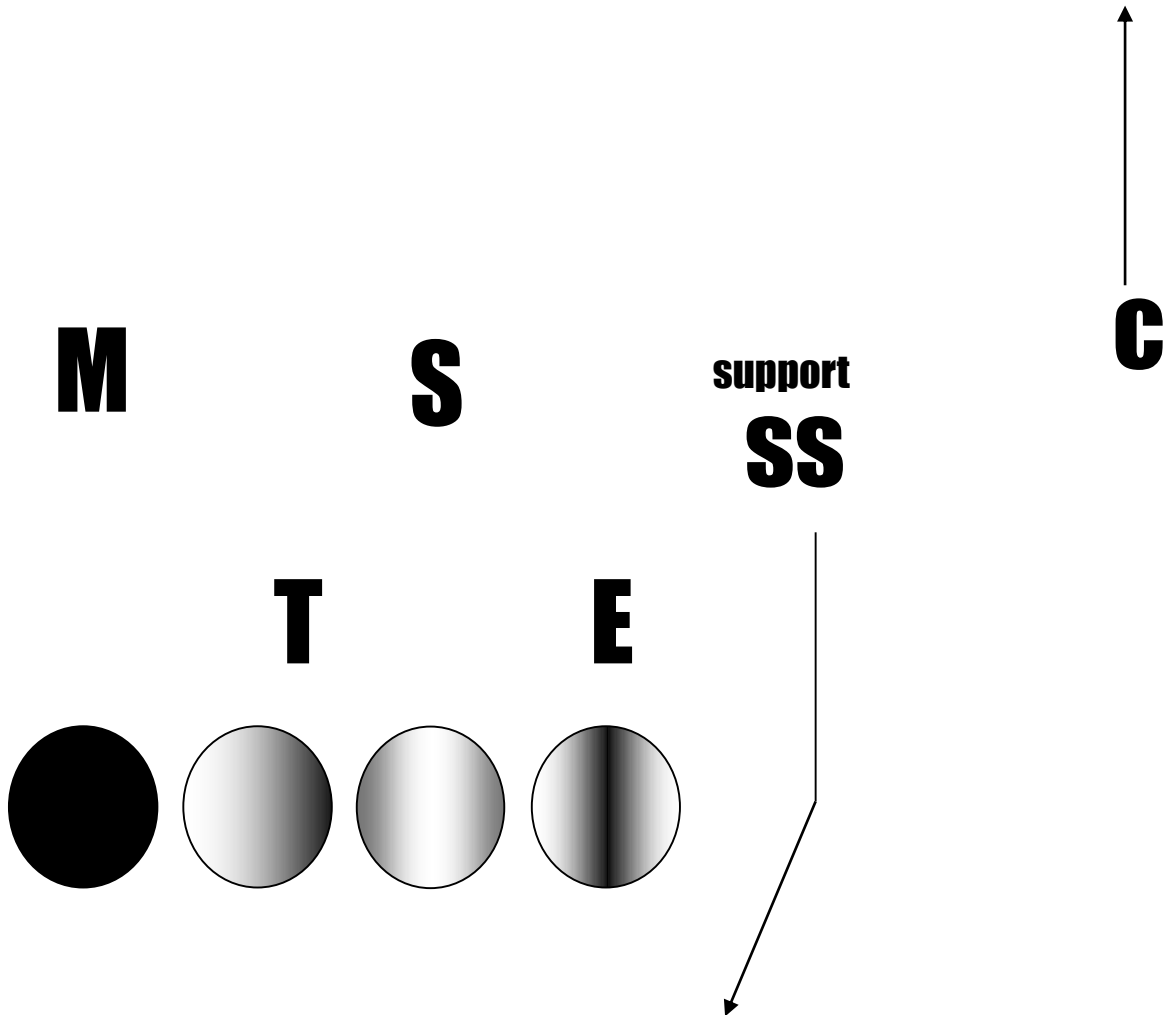
GAP CONTROL

Defenses are built around gap control. Each space between offensive lineman is a gap that is assigned to a defender. The defender usually aligns to his gap responsibility. If a defender aligns head up, the corresponding LB or lineman will usually give a clue to who has which gap. Sometimes a defender will align head-up and 2-gap.



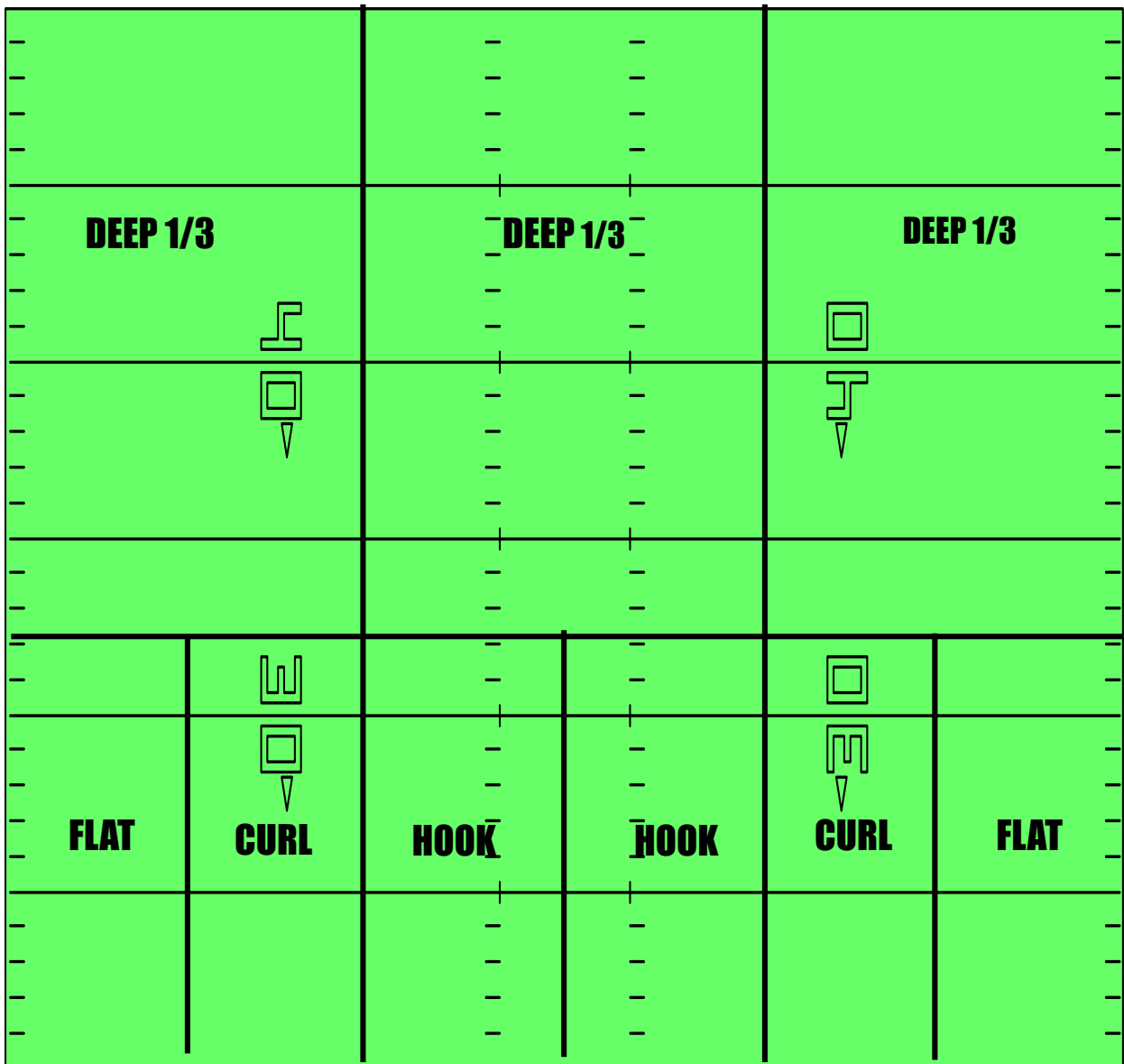
SUPPORT

The next defender outside of the box has support responsibility. He must keep leverage on all run plays, forcing the ball from the outside in. The Defender usually has flat responsibility versus the pass.



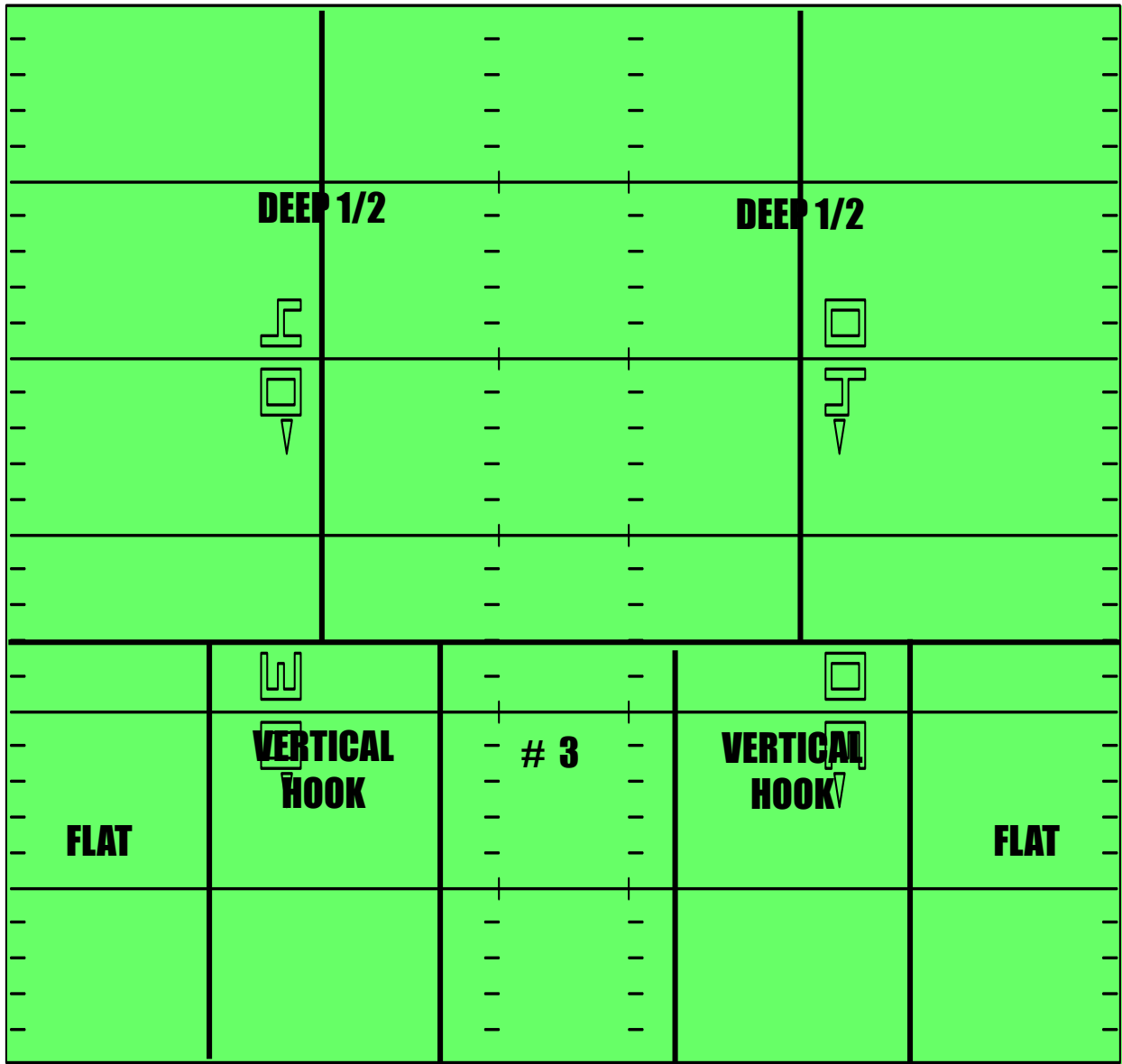
FIELD ZONES

The field is divided into pass responsibilities for secondary and LB'ers in zone coverage's. It is very important that the QB understands who is responsible for these zones in what coverage.



FIELD ZONES

The understanding of strengths and weakness of each coverage is vital. Every coverage has them. This will give you a starting point for your plan with each play.



QUARTERBACK FUNDAMENTALS

“Deal with the Details!!”

**YOUR FUNDAMENTALS MUST BE
SO INGRAINED THAT YOU CAN
REACT TO EACH SITUATION
WITH A QUIET MIND INSTEAD OF
THINKING FUNDAMENTALLY.**

QB Fundamentals

“We do not rise to the level of our expectations

We fall to the level of our training”

QB Technique

Shot Gun Depth = Toes at 5 Yards

Shot Gun Stance

- **Stagger Stance (Pivot Foot toe to heel)**
- **Balance Stance (Pivot Foot inch behind)**
- **Wide Vision (Calm your eyes – Start your plan)**
- **Narrow Vision (Zoom Focus – Locate the info player(s))**

QB Drop back

1.Quick Game

2.45 Grip Rip Throws

3.Ride Grip Rip Throws

4.One Piece Drop

5.3 Step Plant

6.3 Step Hitch

7.PAP - Underneath

8.PAP– Gun, Pistol

9.Paint – Gun, Pistol

10.Sprint Throws

QB DRILL PLAN

RUN SCHEME		WORKOUT SESSIONS																									TOTAL
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Foot Work	1	Figure 8 Drill																									
	2	Typewriter Drill																									
	3	Drops down the line																									
	4	Resistance Drop Drill																									
	5	Dot Drill																									
Bag Drills	6	Houston Drill																									
	7	N Zone Drill																									
	8	Brees Drill																									
	9	5 Step Bag Drill																									
Bounce	10	Bounce Pass Drill																									
On the Run	11	Sprint out Drill																									
	12	Naked																									
	13	Boot																									
Deep Accuracy	14	Post / CB / Saturn Drill																									
	15	Deep Over																									
	16	Verticals																									
Scramble	17	Scramble Drill																									
Pocket Presence	18	Distractor Drill																									
	19	Chow Drill																									
	20	Dodge Bags Drill																									
	21	Medicine Ball Drill																									
	22	Slide Infront Distractor Drill																									
	23	Window Drill																									
	24	Set Up Drill																									
Hot Throws	25	Get Big Drill																									
	26	Sacrifice Drill																									
	27	Swings / Flats / Q Throws																									
Fundamental	28	Ball on Wall Drill																									
	29	Pitcher Drill																									
	30	Grip n Rip																									
	31	Grip n Rip "moving"																									
	32	Arm Speed Drill																									
Spot Throwing	33	Quick Game																									
	34	3 Step Drop																									
	35	Progression Drill																									
	36	No Set Throws																									
	37	Bad Snap Drill "over head"																									
	38	Cool Down Drill																									
	39	Condition																									
AREAS YOU NEED IMPROVEMENT																											
1	CONSISTENT 90 DEGREES - DRAG YOUR ELBOW WHEN THROWING TO YOUR RIGHT																										
2	MOBILITY IN THE POCKET - MAINTANING A THROWING POSITION - SLIDE WITH YOUR BACK FOOT																										
3	DEEP BALL ACCURACY (POST)																										
4	BUILD A BETTER PUNCH STANCE - SPECIALLY IN THE QUICK GAME																										
5	IMPROVE ACCURACY AND TIMING ON YOUR OUTSIDE THE HASHES ROUTES																										
6	KEEPING YOUR EYES UP IN THE POCKET WHEN COLOR FLAHERS IN FRONT OF YOU																										
7																											
8																											

BOX DRILL

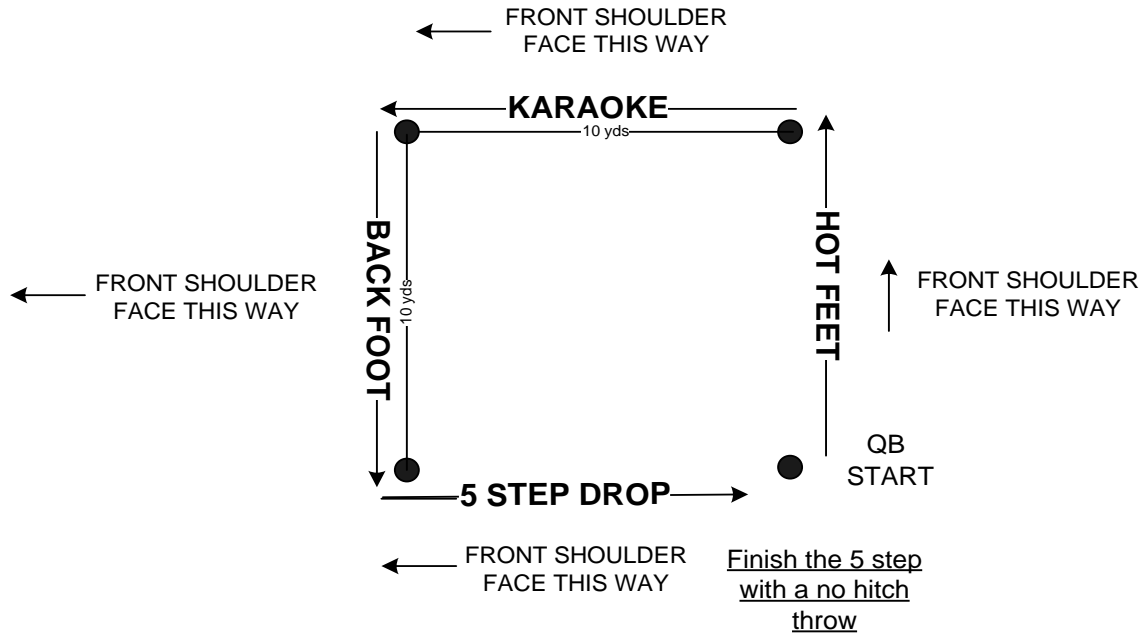
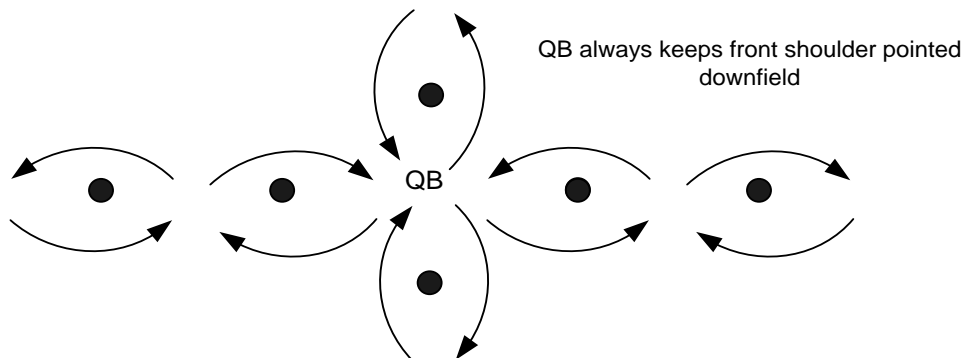


FIGURE EIGHT DRILL



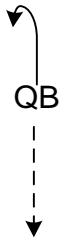
Coach points to direction the QB works.
Once the QB works around the 2 cones
he finishes back in the middle

KLIFF DRILLS

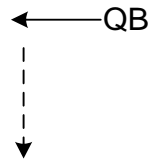
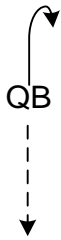
QB throws the ball off the coaches command "BALL"

Quick Release, balance, compact, front step short, accuracy

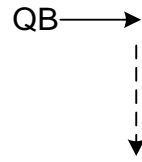
Flip to non-throwing side



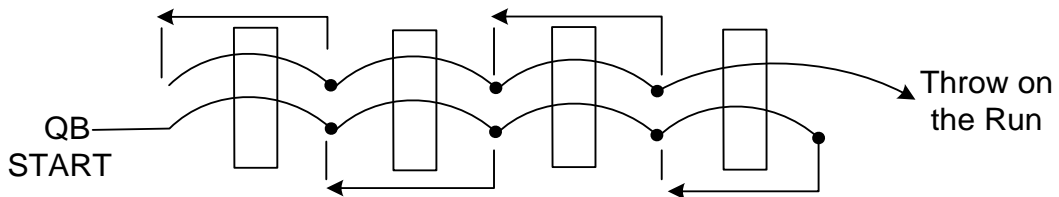
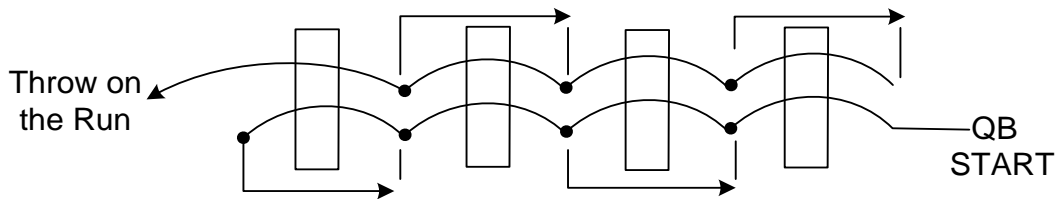
Flip to throwing side



Backpedal

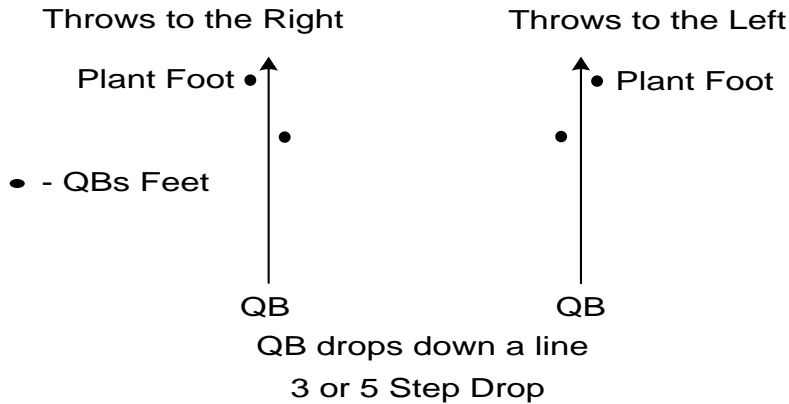


HOUSTON BAGS DRILLS

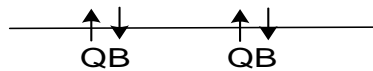


TURN THE CORNER DRILL

QB works left or right with feet



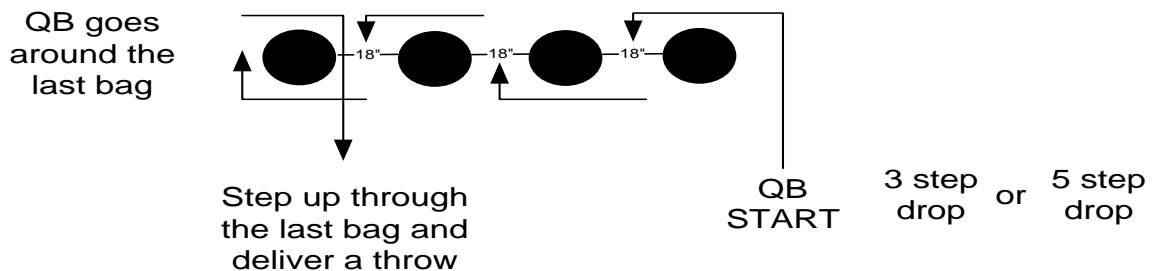
TYPEWRITER DRILL



- Hot feet back and forth, both QBs compete across the line 5 times and throw to target
- QB shoulders leveled, eyes on target
- Get ball out quick and accurate

Tall Bag Drill

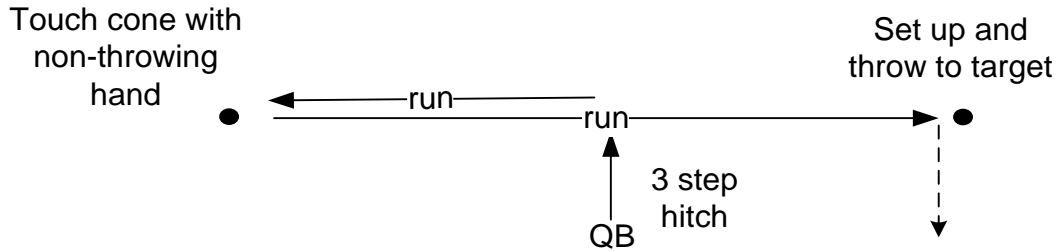
The QB works on ball security and the feel of working through the pocket and finding the window to throw through.



SET UP DRILL

This drill is out of Gun but if you want to work on 5 step drops set the cones at 5 yards from line of scrimmage

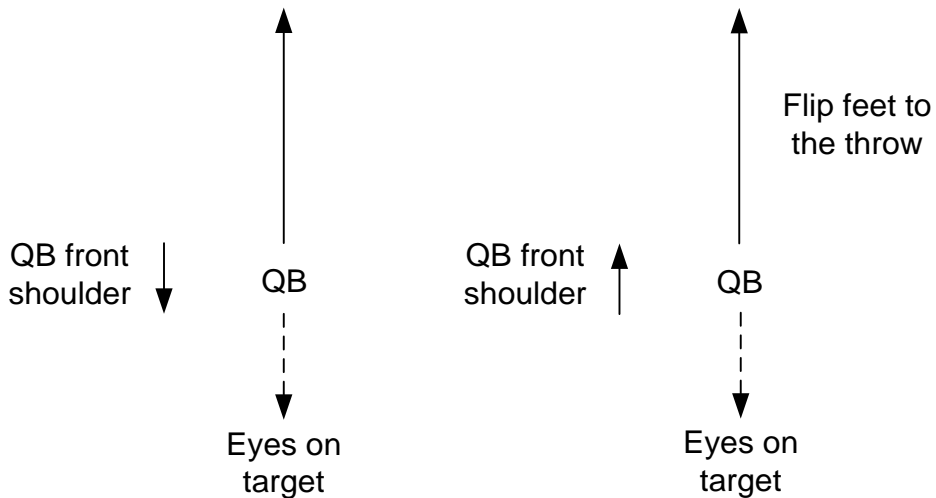
- Eyes down field during drill, set up quickly, balanced, stand tall
- Get the ball out QUICKLY



KAROKE DRILL

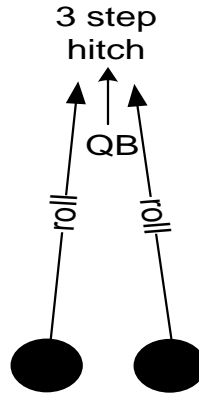
Short step Karaoke down the line, QB throws ball off coach command "**BALL**"

- QB keeps shoulders leveled, eyes on target
- Get the ball out QUICKLY



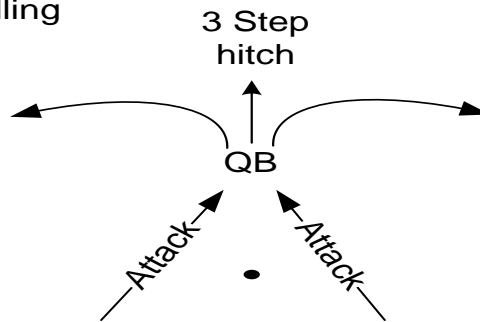
DODGE BALL DRILL

This drill is out of Gun, the QB uses his back foot to dodge the rolling ball. QB must keep his eyes downfield, he only feels the rolling balls.

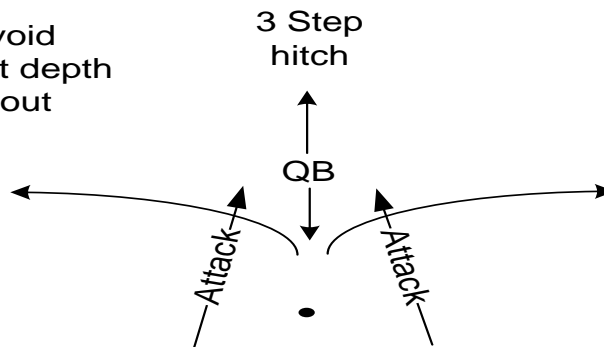


PRESSURE DRILL

Get depth when rolling out

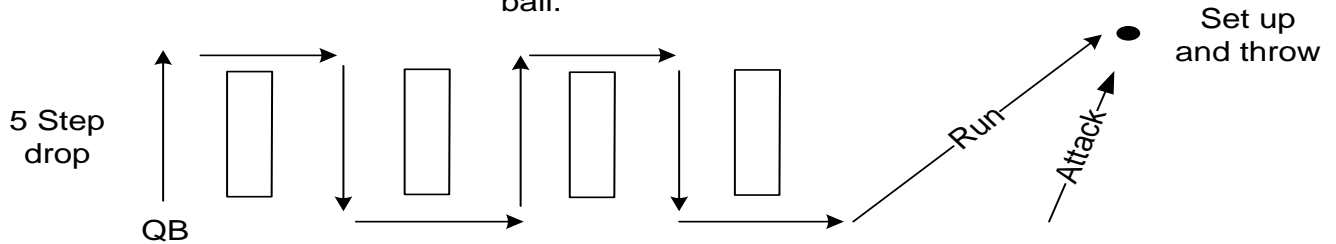


Step up to avoid pressure and get depth when rolling out

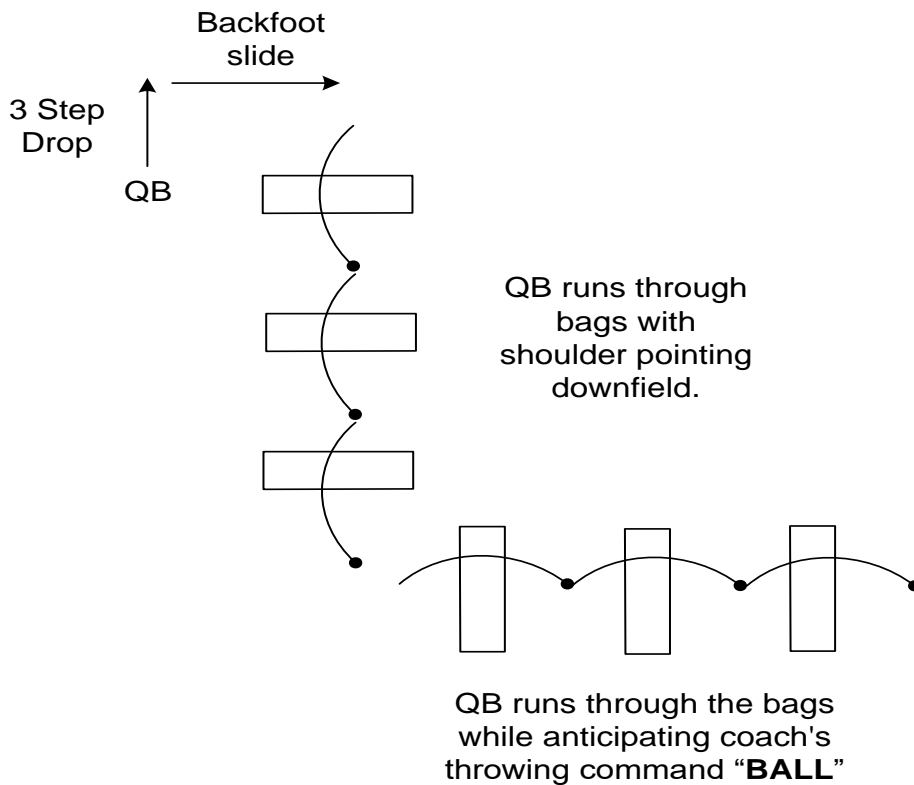


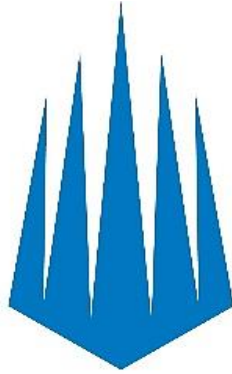
TAKE A HIT DRILL

QB works through the bags with his backfoot. QB runs to the cone and set up to throw downfield. Attack QB with a shield to initiate contact. QB develops the skill to take a hit while releasing the ball.



CHARGER BAG DRILL





IMG

ACADEMY

2020

PRODUCTION SHEET

IMG FOOTBALL

PLAYERS NAME:

POSITION:

PLEASE EVALUATE THE FOLLOWING PARAMETERS. ON A SCALE OF 1 TO 5.

MENTAL TOUGHNESS

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PHYSICAL TOUGHNESS

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

STRENGTH

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FOOTBALL IQ

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

COACHABILITY

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ACADEMIC

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

OFF FIELD

POOR	BELOW AVERAGE	AVERAGE	GOOD	CHAMPION
1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

AVERAGE GRADE:



PLAYER POSITIVES

AREAS FOR IMPROVEMENT

PRESENT WEIGHT:

PRE-SEASON WEIGHT:

EVALUATION CRITERIA

COMPETITIVE STAGE 1 (Qualities we need to compete in the fall)

- Plays Instinctively**
- Focus**
- Leader with positive attitude**
- Perfectionist who is coachable**
- Teach the teacher**
- High Football IQ**
- Response to adversity**
- Great decision making skills**
- Plays enthusiastically not emotionally**



OFFENSIVE PRODUCTION

NAME _____

GAME VS. _____

TOTAL # OF PLAYS _____

MY JOB GRADE _____

EFFORT % _____

ME's _____

3 GOOD	3 IMPROVE

PRODUCTION % _____ (# OF POINTS/ # OF PLAYS)

PRODUCTION POINTS

POSITIVE	
CATCHES	(+2)
(3 YDS) YAC	(+2)
TACKLE ON T.O.	(+2)
5 COMPLETIONS	(+2)
EXCEPTIONAL EFFORT	(+2)
PANCAKES	(+3)
CUTS	(+3)
(10+) BIG RUN	(+4)
(15+) BIG PASS	(+4)
2 PT PLAY	(+4)
FUM RECOVERY	(+6)
TOUCHDOWN	(+6)

NEGATIVE	
CRITICAL ERROR	(-2)
PRESS/HIT ALLOWED	(-2)
T.F.L. ALLOWED	(-2)
DROPS	(-3)
SACK ALLOWED	(-4)
PENALTY	(-4)
INTERCEPTION	(-4)
FUMBLE	(-4)

TOTAL POINTS _____ **62**