



QUARTERBACK DECISION MAKING

ONLINE COURSE

WORKBOOK



BUILD YOUR PROCESS WORKSHEET

My name:

Date:

Let's Begin

Let's take a second to assess your current process from pre-snap to the next snap. Do you have one? If so please write it out in the next box below. If not, we will write it out together as we step through this worksheet. This first page is to brain dump your ideas, form a rough draft.

Current Process and/or Steps You Want in Your Process

Please Ask Yourself the Following Questions

- Do you or are you open to taking pre-snap GIFTs (free, easy yards)?
- Are you open to adding conflict defender reads?

- Do you have your QB identify pre-snap keys?
- If so, how many and which ones?
- If so, are you strict about accountability for these keys?

Answer / Notes

Answer / Notes

Let's Use Your **Favorite Passing Concept** to Form Your Repeatable Process

Suggested Steps	Step Description Notes
Pre-snap Gift	Lock into their process with a simple to identify step, easy yes or no.
Pre-snap Gift	Will you add to your process?
Pre-snap Key	Keep it simple. Two max. Make sure the Key directly ties to concepts.
Pre-snap Key	Which one applies to the most concepts?
Progression	Quick shot look, then conflict defender read keeps it repeatable.
Progression	Will you add to your process?



BUILD YOUR PROCESS WORKSHEET

My name:

Date:

Finalize Decisions

Pre-snap GIFTs	Pre-snap Keys
Yes or No, Hitches or Slants?	Yes or No? Which 1 or 2 & why? Are they relevant for my concepts?
Post-snap Progression	Anything else on your mind?
Open to 1st Read Shot? Adding Conflict Man Read? Either way, make it repeatable	Additional Notes

Time to Lock & Load Your New Process

STEP 1	MY QUARTERBACK WILL COME TO THE LINE OF SCRIMMAGE AND:
Pre-snap Gift	Do I use GIFTs? If so, are they Hitches, Slants or....
STEP 2	MY QUARTERBACKS PRE-SNAP KEYS ARE:
Pre-snap Key #1	Keep it simple. Two max. One is ideal. Less is More.
Pre-snap Key #2	
STEP 3	MY QUARTERBACK WILL MOVE THROUGH REPEATABLE PROGRESSIONS
Progression #1	Quick shot look
Progression #2	Throw opposite of conflict defender
Progression #3	Throw opposite of conflict defender

Great job Coach! Thank you for stepping through this worksheet. Now that you have a repeatable process your Quarterback will take before every snap in practice, in playbook and in games, you will be in sync with your QB like never before. You will have specific items to discuss and will be able to problem solve much quicker in real time.

You can now rest assured they are making the right decision when it matters most!



CONCEPT BRAINSTORM WORKSHEET

My name:

Date:

Let's Begin

Let's take a second to assess your current passing concepts. Please write the names below, assessing the concepts importance to your playbook and why. In the last column, mark concepts that have similarities coaches can leverage for teaching for various concepts. We are going to try to shrink your playbook so be honest with yourself. It's a great exercise to do every year!

CONCEPT	RANK IMPORTANCE & WHY	SIMILAR TO



PRE-SNAP KEY WORKSHEET

CONGRATS ON FORMALIZING YOUR 'PRE-SNAP TO THE NEXT SNAP' PROCESS. THE PURPOSE OF THE PRE-SNAP KEY WORKSHEET IS TO SIMPLIFY THIS CRUCIAL STEP & MAKE SURE YOU AND YOUR QB ARE IN SYNC. AS YOU MOVE THROUGH THIS SHEET, WE WILL PROMPT YOU TO BE EXTREMELY THOUGHTFUL IN YOUR CHOICES. OVERLOADING YOUR QUARTERBACK WITH IRRELEVANT INFORMATION CAUSES CONFUSION AND DISASTROUS CONSEQUENCES.

THE GOAL IS TO HAVE YOUR QUARTERBACKS RESPOND QUICKLY AND CONFIDENTLY WITH ONE OR TWO WORD RESPONSES. ANYTHING MORE AND YOUR QB WILL NOT BE ABLE TO PLAY SMART AND FAST.

WE ARE GOING TO ASK YOU:

1. DOES THIS PRE-SNAP KEY ADD CONFUSION

THIS QUESTION IS VITAL. IF YOUR QB FOLLOWS UP YOUR KEY WITH ADDITIONAL QUALIFYING QUESTIONS BEFORE THEY CAN ANSWER YOU WITH CONFIDENCE, YOU NEED TO REASSESS HOW MUCH YOU NEED THIS SPECIFIC PRE-SNAP KEY IN YOUR PROCESS.

EXAMPLE

COACH QUESTION: WHAT COVERAGE IS IT?

QB ANSWER: WELL, SINCE THERE ARE TWO SAFETY'S I THINK ITS COVER 2, BUT ONE OF THE SAFETY'S IS ONLY 7 YARDS FROM THE LOS, AND THE BACKSIDE CB IS AT 9 YARDS, I AM NOT SURE...

2. HOW MANY CONCEPTS IS THIS RELEVANT FOR?

IF YOUR PRE-SNAP KEY IS NOT RELEVANT FOR EVERY SINGLE CONCEPT, THROW IT OUT. ATHLETES NEED SIMPLE CONCEPTS THAT RELATE TO ONE ANOTHER AND YOUNG MINDS CAN COMPREHEND WITHOUT DEEP THOUGHT. PRE-SNAP KEYS NEED TO BE DIRECTLY RELATED TO THE CONCEPT AND NEED TO BE RELEVANT FOR ALL OF THEM. CONSISTENCY IS KEY!

EXAMPLE

COACH QUESTION: IS THE CORNERBACK HARD OR SOFT?

QB ANSWER: HARD

THIS QUESTION IS RELEVANT FOR OUR TEAM BECAUSE OUR CONCEPTS ALL START WITH OUR QB LOOKING AT THE CORNERBACK PRE-SNAP. ALSO A GREAT PRE-SNAP KEY SINCE IT IS A QUICK ONE WORD ANSWER.



PRE-SNAP KEY WORKSHEET

DOES THIS PRE-SNAP KEY ADD CONFUSION?

HOW MANY CONCEPTS IS IT RELEVANT FOR?

PRE-SNAP KEY

1

2

3

4+

CB HARD OR SOFT

CB 4 YARDS OR LESS = HARD

CB 5 YARDS OR MORE = SOFT

NOTES: PROS / CONS

HOW MANY SAFETY'S

ONE (1) OR TWO (2)

BE SURE TO SET DEFENSE SCORING

NOTES: PROS / CONS

MOF OPEN/CLOSED

OPEN OR CLOSED

BE SURE TO SET DEFENSE SCORING

NOTES: PROS / CONS





PRE-SNAP KEY WORKSHEET

DOES THIS PRE-SNAP KEY ADD CONFUSION?

HOW MANY CONCEPTS IS IT RELEVANT FOR?

PRE-SNAP KEY

1

2

3

4+

OVERHAND DEFENDERS

ONE (1) OR TWO (2)

BE SURE TO SET DEFENSE SCORING

NOTES: PROS / CONS

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DEFENSIVE COVERAGE

ONE (1) , TWO (2), THREE (3), FOUR (4), FIVE (5)

BE SURE TO SET DEFENSE SCORING

NOTES: PROS / CONS

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1ST READ OPEN BY ALIGN

ON = YES, OFF = NO

BE SURE TO SET DEFENSE SCORING

NOTES: PROS / CONS

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