
SECTION TWO

DRILLS



Chapter 4 : Quarterback Drills

Chapter 5 : Receivers and Tight Ends

Chapter 6 : Running Backs

Chapter 7 : Offensive Line

QB DRILL SHEET

MECHANICS	
Stance	<i>Under Center, Pistol, Shotgun</i>
Grip & Triangle	<i>Finger placement on ball; Relaxed elbows with ball in front of right pec</i>
Wrist	<i>Cocked wrist</i>
Elbow	<i>Lead elbow above the shoulder; Back elbow short circle;</i>
Shoulder	<i>Front shoulder at target;</i>
Feet	<i>Back foot "T" under hip; Lead foot short stride land outside target line</i>
Throwing Motion	<i>L-position, Elevate to zero; Straight overhand motion; Extension</i>
Wrist	<i>Cork Screw motion. Thumb in crotch, slap the wall</i>
HAND DRILLS	
Fingertips	<i>Rapid transfer ball hand to hand</i>
Around the World	<i>Ball around Legs, Waist, Head</i>
Spiderman	<i>Ball remains suspended between knees, while switching hands</i>
Palms & Orbit	<i>Catch the ball with palm as ball falls to ground</i>
Wrist Drills <i>Corkscrew</i>	
Throw It Up	<i>Sit in chair and throw ball straight up in air</i>
Below the Chin	<i>Ball below chin. Only forearm moves forward as ball thrown in tight spiral</i>
Sideways Roll	<i>Hold fat part of ball behind head. Throw to partner cones pointed out</i>
Throwing Darts	<i>Stand sideways to partner and throw ball same as throwing dart at a board</i>
Straight Arm Drill	<i>Throwing arm straight up while on right knee; Throw ball with arm stiff</i>
ELBOW DRILLS <i>Zero Position; Break the Glass</i>	
Mechanics	<i>Lead with Elbow; Above the Shoulder; Break the Glass</i>
Zero Point	<i>Elbow is 45-degrees above armpit and 45-degrees laterally from pec</i>
Elbow Circles	<i>Ball behind right ear; Elbow two circles before throwing</i>
Straight Arm Drop	<i>Same as Straight Arm Drill but drop ball behind the ear, Elbow at zero</i>
55 Knee Progression	<i>5yds apart. 5 throws off rt knee, lt knee, both knees, butt. Repeat at 10yds</i>
UPRIGHT DRILLS <i>Shoulder replaces shoulder</i>	
Foot Forward	<i>Right and then left foot facing target. Turn torso and throw</i>
Parallel Toes	<i>Throw with both feet parallel</i>
Boxer Drill	<i>Hop on both feet holding ball in relaxed V. Turn body 45-degrees to 3 targets</i>
Hot Potatoe	<i>Chop feet rapidly, throw ball to partner as fast as possible</i>
Over Linebacker	<i>Throw ball over goal posts or person</i>
Dodge Defender	<i>Dodge hand shield thrown at legs during 1, 3, and 5 step drop</i>
Over Bag Rollout	<i>Drop, high knee over agility bag, sprint out and throw</i>
Line 2 Line	<i>Sprint 5yds, 90-degree cut, sprint at partner 15yds away & throw</i>
SPRINT PROGRESSION DRILLS	
Throw on Run	<i>Walk, Jog, Sprint at partner. Throw off right foot, drag left toe</i>
Sprint Out Drill	<i>Play Action & Sprint footwork, throwing to partner 15 yds away.</i>
DROP MECHANIC DRILLS	
Drops on a Line	<i>1-step, 3-step, 5-step down a line. Simulate throw by turning shoulder to target</i>
LINE DRILLS	
Pitch Down the Line	<i>Walk, Jog, Sprint and pitch to partner 5yds away.</i>
Scout	<i>4 steps at the FBI, then twirl and head to flats</i>

Quarterback



QUALITIES OF THE QUARTERBACK

There are lots of things that coaches want in a quarterback. However, the things that are most important are being an intense competitor with high character. He has to also be unselfish, but, most of all, he has to be a great decision maker.

Competes in Everything

Regardless of the offense you are running, the quarterback must be a fierce competitor. This is the guy who hates to lose and will do anything in order to beat you in a game of cards, in a video game, or a pickup basketball game. He has to hate losing MORE than he loves to win.

This competitive desire is not just during games but also during practice and in the weight room. The QB will give maximum effort in every drill because he hates to lose and wants to be the best. He has to have a burning desire to compete in everything he does.

As a player I had the fortune of attending the John Elway football camp and there were two things that the Hall-of-Fame QB kept saying: (1) The QB has to be the first one on the field and the last one to leave; and (2) the QB has to know the assignment of every player on every play.

Strive for perfection. Drills + repetition = consistency

Leader

I truly believe that leaders are not born, they are taught. Unfortunately, they may have been taught incorrectly before they ever join your team and you must work hard in the off-season to re-teach him. All great leadership is built upon great character which in turn leads to trust. Everyone on the team must know that the quarterback will always “do the right thing” in the face of adversity.

High character means no alcohol, tobacco or drugs. The quarterback does not use foul language and does not lose his cool (Calm – Cool – Consistent). On campus he has excellent grades and very few absences. Off campus he is a representative of the coaches, the team, and the school.

If you have a great athlete who does not have character, move him to running back or receiver.

SECTION TWO: DRILLS

Good leaders accept blame when things go wrong and do not make excuses. If a receiver lets a pass slip through his hands which leads to an interception, the QB takes the blame in front of his teammates and tells that receiver to shake it off because the QB still believes in him. The QB would also publicly take the blame for bad snaps while privately pulling the center aside to fix the problem. Taking the blame in front of his teammates and being part of the solution shows leadership.

The quarterback cannot be in love with the image that Hollywood movies portray, but instead should be more like Peyton Manning or Drew Brees. Make sure that your QB hangs out with his offensive linemen and let them know that he is one of them. The QB who only wants to date the cheerleader and hang out with the star tailback will distance himself from the blue-collar guys on the team.

Unselfish

The Wing-T offense is built around unselfishness which is why it is so much more than simply an offense. It requires every player to fake and block. The offense is a system that is not built around only one player, as every game and every season it can feature different positions. One year we had a 2,000 and 1,000-yard rusher in the same backfield followed by a 2,700-yard passer the next season. This team first attitude must be championed by the quarterback.

The quarterback must put the team ahead of himself. Winning and success of others must be more important than personal stats. When you ask him to make an RPO or option read, he must be willing to hand it off or pass instead of running the ball. The Wing-T has run-pass options built into every boot and play-action pass, so it is important that the QB does not always tuck it and run. The quarterback must be willing to distribute the ball to the other players on the team.

Game instincts

Every offense requires a quarterback who is a great decision maker, but this is even more important in a Wing-T offense that is running option plays. The Pistol Wing-T asks the QB to read unblocked defenders on almost every running play and he has to know when to hand it off and when to keep it. As mentioned earlier, the play action passing in the Wing-T Further, in this new era of RPOs, he also has to know when to hand it off and when to throw it. I will take an unselfish leader who makes great decisions over a great athlete any day of the week.

Players can improve their decision-making process. This starts in practice by placing players in competitive situations and forcing them to think at game speed. The coach cannot slow everything down and explain it all the time. Coach on the fly and use buzzwords, forcing the players to process and correct quickly. Also grade both your practice and game film. We give players a minus 1 if they make a physical mistake such as missing an option read. However, they get a minus 2 for mental mistakes.

Knowledge

The QB, as well as any other player, cannot perform if confused. He must study & learn not only his plays, but the other 10 positions on offense. He has to know how to attack a defense and understand each scheme's strengths and weaknesses.

Physical Qualities

Since the Wing-T offense is a system, you can win in the years that you have a great passer at QB but still win in the years that the QB can't throw very well, but is a good runner. The offense can be pass heavy with a QB who just hands to ball off and does not run option. It can also be very option heavy with a QB who only has to complete play action and sprint out passes.

In either scenario, the QB has to be great at play action passing. He has to be very good at faking and must complete the boot, belly, and down passes. Make sure that the great passer understands the power of a great fake and the great runner can at least complete the play action passes.

To run the Wing-T out of the Pistol, the QB has to be a decent athlete because the power of the Pistol is reading the unblocked defenders. He doesn't have to be a track star, but he has to gain at least 5 yards every time he decides to pull and run the ball. This goes back to the great decision-making skills described earlier.

“We want a point guard / second baseman type of kid at QB”

While we all want the 6'1" quarterback, the shorter quarterbacks can also make the offense go. The athletic-type quarterback is going to do much more for your team in the long run than a slow-footed passer. Someone who has quick feet, not necessarily the greatest 40 time, but has escapability, will help your program more than the 6'6" who throws the beautiful ball but can't get out of his own way. You want a quarterback who has good feet, who can handle the offense in all phases, and who can get out of trouble with quickness and agility once in awhile.

Confidence Comes From Preparation Thru Practice

Quarterback Selection

I truly believe that the skill of throwing a football can be taught to most athletes. So we identify our quarterbacks in the freshman class and selection is based on GPA, character, and attitude. If they have these qualities, then we know that they will put in the time and effort to develop the physical skills such as throwing. We have to be sure that we do not lose a player to grades or suspension after investing in his training.

Only Position Not Open For Tryouts. Coaches Select QBs

10 Points of a Great QB

1. Ignore the NOISE
 - a. Outside Opinion, Don't get caught up with press clippings, negative remarks from fans, etc.
2. Good Feet
 - a. Pocket Presence. Being a great athlete helps but being a great QB is having great feet to move in the pocket (Big Ben, Marino)
3. Know Your Job
 - a. Master technician. Great understanding of all the details. Football on the brain.
4. Know Your Players
 - a. Have a true knowledge of each guy. Strengths/Limitations. What makes each guy tick. Make each player feel valued in the Offense.
5. Be Consistent
 - a. Never way up or way down.
6. Manage The Game (Score, D&D, Time)
 - a. Understand how the clock works, Always know D&D.
7. Not Impulsive with reads & throws.
 - a. Will live to see another down.
 - b. Throwing Away is OK
8. Get Team In End Zone
 - a. Finish each series with a Special Teams Play (PAT, FG, Punt)
9. Keep Your Cool – Be like a Duck
10. Have Fun
 - a. Love doing what you do, don't be a clown though.
 - b. True competitors love practice & preparation

Yearly plan

Jan	QB School 1x per week. Classroom training.
Feb	QB Workouts Continue QB School 1x per week Throw to receivers once per week plus additional 45min of drill work
Mar/April	QB School 2x per week QB Drillwork: 45 min Team Practice 1x per week for 90 Minutes Skill Practice 1x per week for backs and receivers Players
May	QB School 2x per week Spring Football Practices: Mon-Thur for 90min each day Attend 1 Spring 7 on 7 Tournament
June	Dead Period, No Practice last week of school and 1 st week of June. QB School 2x per week Team Practice two days per week for 3 weeks of June Strength Training four days per week for 3 weeks of June Compete in 1 Summer 7 on 7 Tournament
July	Dead Period, No Practice week of 4 th of July QB School 3x per week Team Practice two days per week for 3 weeks of June Strength Training four days per week for 3 weeks of June Compete in 1 Summer 7 on 7 Tournament
Aug	Fall Practices

Notice in March & April our QB will give up 3 days per week for class, drillwork, and on field work. If he is in a spring sport then we have his classwork and drill work completed in evenings after his spring sport practice. He would not be on the field throwing while in another sport.

The QB School is going through all the characteristics previously mentioned in this chapter, in addition to the playbook. We will also pull up HUDL film to teach him to identify defenses and discuss signals/audibles.

We use powerpoint, HUDL film, and handouts. The topics we cover are:

- Responsibilities of QB's
- QB Qualities (Physical, Mental)
- Leadership Training – Lead by example, vocal leader
- Pre-Snap Physical Procedures
- Identifying Fronts and how we want to attack them
- Identifying Coverages and what our reads are
- Playbook Install

There are approximately 15 QB meetings from January through end of July. This is very demanding on our QB because we also have our Leadership Council meetings every other Monday night during the spring.

Mechanics

Throwing the football well is not about doing one or two big things great. Instead, it's about perfecting a thousand different parts of an intricate, complicated kinetic chain that starts in the toes and ends at the finger tips. Throwing a football is more than mastering footwork; it's about mastering the sequential movements in the kinetic chain through the entire throw

Stance

Both the quarterback's stance and the quarterback-center exchange are areas often overlooked. We teach both under center and pistol snaps. While under center, we want our QB to stand tall and be able to get away from center quickly so that pulling linemen do not trip or bump into him.

FEET:	Narrow base, not wide apart. 4-6 inches between ankles Parallel with toes even.
HANDS:	Wrist deep under the center Throwing hand up against rear of center Thumbs interlocked Upward pressure bottom hand
ARMS:	Relaxed V
WAIST:	Not a lot of bend Slight arch in the back Slight knee bend



After he takes the snap, he is in perfect position to bring the ball to his belt, take a step, and gain ground away from the center. He should constantly work on a good first step that gets distance away from the center.

Everything is exactly the same out of PISTOL, except the hands. The palms of each hand are facing each other and all 8 fingers are pointing towards the center. Since we KNUCKLEBALL snap the ball, the laces should land in the fingertips of the right hand.



We try to send our 2 centers with the QBs whenever possible in practice. One snaps and the other is being blocked. We don't like our Centers snapping without being hit or hitting someone else. This might be an injured player or a 3rd running back.

In the PISTOL, our QB never, never starts a play or drill with the ball in his hand. A center, injured player, or a coach is snapping to our QB in pistol. Non-centers are on their right knee.

Grip

- Pinky slides into slot, not cross laces
- Ring finger over laces
- Middle finger will slide off the laces the bigger your hand
- All four fingers spread evenly in contact with ball
- Index finger top knuckle line over long axis stitch line
- Thumb makes line with middle and index finger



Pre Pass Triangle – FOUNDATION

The proper carriage sets the foundation for throwing motion and a repeatable arm circle. It reduces tendency to internally rotate (wind up) on the throw, aligns arm in a power position, and reduces wasted motion for faster a faster release.



- Relaxed elbows are level at the base
- Loaded wrist in the “cocked” position
- Position ball comfortably in front of right pec
- Do not press ball against the chest but not to far away
 - Held against body will impede elbow circle; held to far will cause balance issues.
- Point top of ball at the right trapezoid muscle
- Left hand firmly on ball pushing ball back and upwards
- Calm consistent carriage and tall upper body posture

Quiet Upper Body & Athletic Lower Body

Pre-Snap Wrist

- A curled wrist weakens the finger grip and drops the nose of the ball
- A “cocked” wrist position lengthens the wrist snap and increases the spin
- A “cocked” wrist reduces ball movement and loads the ball for strong release out to the target
- A “cocked” wrist brings the nose of the ball up to the proper release point

Elbow – Short Circle

As QB steps forward and opens his hips to the target, the arm circle is triggered. The quarterback pushes the ball up and back away from the chest – never bringing the ball down below the chest. This will shorten arm action and quicken release time.

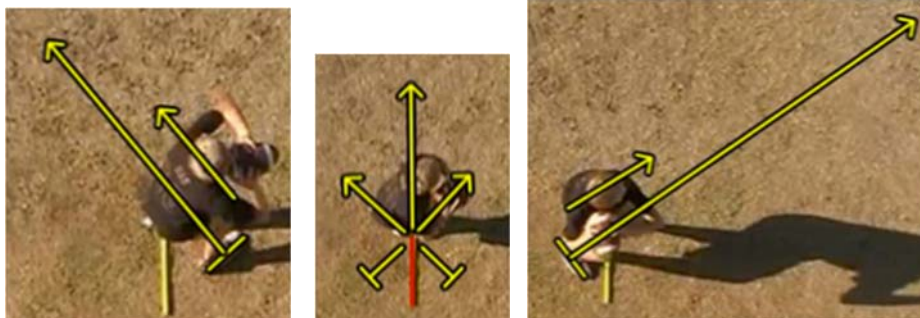
- The lead elbow above the shoulder line to lead the throw
- Lead elbow and shoulder point out at target
- Do not “wind up” by dipping the ball below the shoulder line



"Up and back" not "down and around."

Front Shoulder / Back Foot

Must be pointed at the target so that the shoulder line is perpendicular with the target. This generates the 90-degree torque from rotation of the torso which generates the most power as the hips drive forward and weight is transferred from back hip to front hip. Just like chopping wood, the torso rotates around while the arm goes up, over, and down in a vertical motion. Young QBs must learn to stop rotating after they have turned the shoulder towards the target.



Pointing the front shoulder is irrelevant if the back foot is does not form a “T” under the back hip. Think of the back foot like a “rudder” of a boat that immediately brings the front shoulder into proper alignment. Also the body weight has to be transferred over the back hip which will bring the back shoulder to a perpendicular alignment with the back foot. Then drive the hips and let the hips rotate the body naturally while not affecting the vertical path of the arm.

“Stand tall, step small”; “Crush pebbles with your feet” ;



Lead Foot Short Stride

The stride length cannot be too long and must fall just outside of the target line. The short stride keeps the QB upright and over the top in his delivery. Over striding will cause the elbow to drop below the shoulder and not allow a high release.

The lead foot must land just outside the target line to allow the QB to point his hip at the target so it doesn’t block the torso. Blocking the torso causes the arm to slide away from the shoulder and body. This will look like a slight sidearm delivery.

Short stride off target line – Get hip clear to target

Elbow – L Position

The Quarterback’s throwing arm must reach 90 degrees in the elbow and armpit, pointing the nose of the ball away from the target. The “L” position helps maximize arm power and acceleration. Keeping the ball tight to the head will result in a high elbow drive.

Obviously the quicker that the elbow can get to this position, the quicker the release will be. A straight, long arm or a circling “wind up” lengthens the radius of the throw. This longer release sacrifices velocity and distance.



Elbow – Elevate to Zero

Projectiles go straight. Failure to throw in a straight over-hand motion creates nearly 180 degrees of possible paths for the ball to take. A ball released a fraction of a second early, one degree too soon or too late, will forever be one degree off target, which is a mistake magnified by distance. Therefore, the optimal throwing plane goes down the midline of the body instead of around the spine of the body.



A vertical overhand throw narrows the vertical window from the ground to maybe 10 feet in the air, so a ball two feet too high could be a touchdown. However, a lateral sidearm throw grows the window to roughly six feet -- the lateral wingspan of a grown man. A right handed QB who throws horizontally across his body will miss to the right with an early release, and to the left with a late release. A ball one inch too wide could be an incomplection.

Throwing with a straight over-hand motion requires the elbow to get ahead of the shoulder on the throw. This requires a path over the ear hole of the helmet, tracking up and over the shoulder. The elbow comes straight down, breaking an imaginary plane of glass extended out in front of chest

Extension

The throwing arm must reach outward and upward toward the intended target because power is exerted in straight lines in the human body. Punching a bag with a bent arm or power cleaning with bent knees would not provide maximum power. Complete extension, and firing the wrist at the exact moment, maximizes power, accuracy and spiral of the ball.

Power is force divided by time. The most amount of force in the least amount of time equals maximum power. So getting the elbow in front of the shoulder quickly generates higher velocity in a short amount of time, creating a more powerful throw. However, the power generated before the release is maximized by a full arm extension.

The quarterback must not pull down on the football with the wrist before the tricep has fully extended. An analogy would be to compare a pistol to a sniper rifle. The rifle more accurate and shoots farther because the longer barrel allows it to accelerate longer. Throwing is much the same. Longer arm equals more power and better accuracy.

Wrist

The wrist should make a “cork screw” motion, the same as throwing a screwball in baseball. The index finger and middle finger are the last to touch the ball as it leaves the hand. After release the thumb points towards the ground. **“Thumb in the Crotch”**

Slap the wall. A right handed QB will throw a “screwball” and slap imaginary wall on his right.



“PICK THE DOLLAR OUT OF THE LEFT POCKET”;

Drills

HAND DRILLS

Hand, Wrist, & Elbow drills are taught in early spring and QB are expected to do daily on their own at home. They can do them while watching TV. They are all demonstrated on the “Coaching the Wing T QB” DVD.

Fingertips (20 transfers)

Hands shoulder width apart. Rapidly transfer ball from hand to hand.
Only fingertips can touch the ball.

Around the World (5 complete revolutions) & Around the Leg

Still only using fingertips, rapidly transfer ball from hand to hand while hands travel in a circular pattern outside the upper torso.
Transfer ball around each leg using both hands (10 each leg)
Then transfer ball around both legs so ball travels in a Figure 8 pattern.

Around Both Legs, Waist, Head

Transfer ball around both legs as knees are locked and touching each other. (10 revolutions)
Without pausing, continue the revolutions around the waist (10 times) and then the head.

Spiderman

Ball is suspended between the knee caps, both hands are on the ball.

One arm is in front of legs and other arm is behind the legs.

Take both hands off ball at same time, switching arms so that the arm that was in front rapidly moves behind the legs and the other arm moves to the front of the legs.

Goal is to re-catch the ball before the ball hits the ground.

**Palms & Orbit**

Hold top-middle of the ball with palm. Let go of ball and catch it with the palm ball is falling to the ground.

Repeat ball but have hand completely circle the ball before re-palming it.

Orbit

Ball is resting on top of the back of hand with palm facing the ground.

Quickly move hand over the top of the ball and catch the ball with the palm.

WRIST DRILLS**THROW IT UP DRILL**

Sit in a chair or a bag. Throw ball straight up in the air so ball spirals and comes straight back down in front of the face.

BELOW THE CHIN

Hold ball the same as if you were throwing it. Ball is below the chin so that one tip is pointed at the partner and the other tip is slightly above the collar bone. Throwing elbow tight against rib cage. Only the forearm moves forward as ball is thrown with tight spiral.

**SIDEWAYS ROLL**

Standing up with a partner. Hold fat part of the ball so that all 4 fingers are spread out evenly along the laces. Take ball behind the head so both cones are pointing out in same direction as the shoulders. Throw ball to partner so that tips of the ball remain in outward direction. Ball should roll off the Index & Middle fingers. Ball should not wobble towards the partner

**THROWING DARTS**

Hold ball out in front of face so that forearm is 90 degree angle with arm.

Elbow is 45 degrees above armpit and 45 degrees laterally from the chest. (ZERO POSITION)

Throwing foot is out in front towards the target. Throw ball with tight spiral with as little elbow movement as possible. Attempt to throw with just the wrist snap..which is only possible if the elbow is above the shoulder plane.

NEXT: Drop ball all way back, behind the ear. But throw the ball only using the tricep & the wrist snap..do not let elbow go forward or drop to shoulder level.



STRAIGHT ARM DRILL

Drop to right knee. Throwing arm straight up so ball is above the head and arm is completely stiff. Slightly turn torso so left shoulder is pointed towards target. Twist torso as ball is thrown, but arm remains stiff (no bend in elbow) during the throw.



ELBOW DRILLS

These drills are performed during the spring and summer. No time during season for Hand or Wrist Drills.

ZERO POINT

Elbow is 45 degrees above the armpit and 45 degrees laterally outwards from pec muscle.



“Answer the phone with ball”;

The Elbow needs to be in front of the ball while throwing (“**LEAD WITH ELBOW**”). Elbow should not trail the chest. Do not come forward with the chest like a baseball pitcher. It also makes a semi-circular arc as it travels from behind the shoulder, over the shoulder, and in front of the chest. (“**ABOVE THE SHOULDER**”) The elbow travels in downward motion so that it would break a plane of glass that sat at shoulder height in front of the body. (“**BREAK THE GLASS**”)

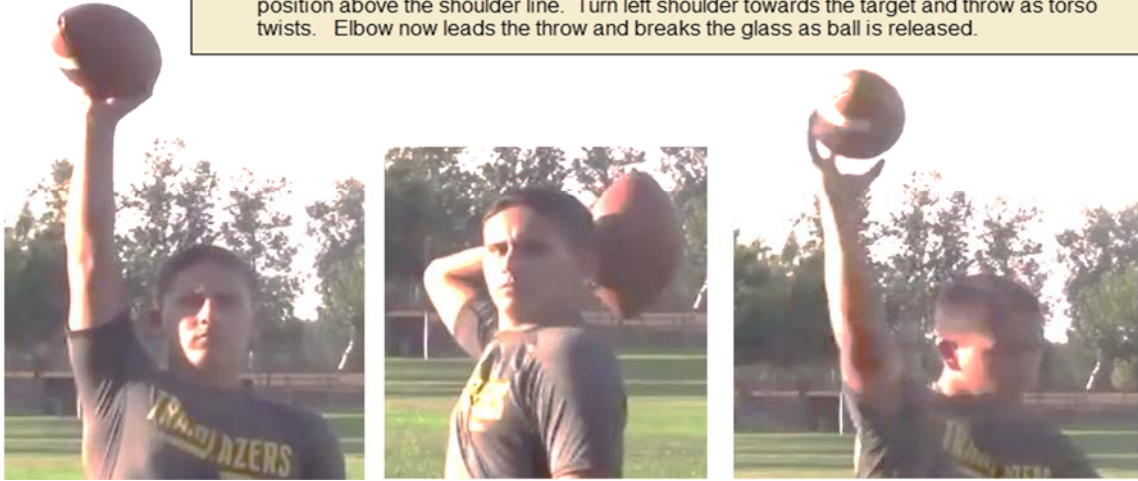
ELBOW CIRCLES

Holding ball in throwing position behind right ear & elbow pointing backwards, 180 degrees from the target. Imagine that the elbow is pressed against a chalkboard behind the QB. The elbow turns circularly so that two circles are drawn on the chalkboard before beginning the forward motion and throw the ball to the partner.



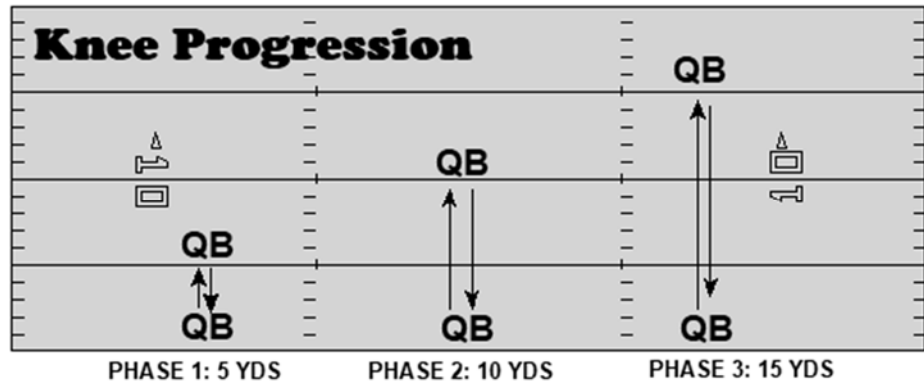
STRAIGHT DROP THROW DRILL

Same as "STRAIGHT ARM DRILL" but drop ball behind the ear, keeping elbow in the ZERO position above the shoulder line. Turn left shoulder towards the target and throw as torso twists. Elbow now leads the throw and breaks the glass as ball is released.



5 yards apart.
5 throws off right knee,
5 off left knee,
5 off both knees.
5 off your butt.

Repeat at 10yds;
Repeat at 15yds.

**UPRIGHT DRILLS**

These drills are taught during the Summer. Our QB's do them everyday during August and then 1 day per week in-season. Focus now is left shoulder pointing at the target and right shoulder replaces the left shoulder on the follow through ("SHOULDER REPLACEMENT")

FOOT FORWARD

RIGHT FOOT: is pointing towards the target. Turn torso so that shoulders are square to the target and get the ball in the throwing position behind the right ear. Throw the ball as torso twists and elbow leads the throw. End with proper wrist mechanics.

LEFT FOOT is pointing towards the target. Focus here is small movement with Left Toe (3 inches or less) as torso twists to throw the ball. Also focus on SHOULDER REPLACEMENT.

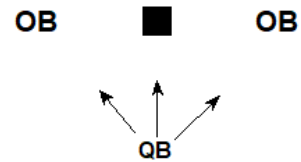
PARALLEL TOES

BOTH FEET are parallel, similar to shooting a free throw. Still turn the torso and throw with the elbow leading the throw. Should slightly rise up on the toes during follow through.

BOXER DRILL

Start with Left foot & Left shoulder pointing towards the target. Hop on both feet while keeping ball in good throwing position. Turn entire body 45 degrees counter clockwise so shoulder/toe is pointing to an imaginary OLB on the QB left side. Continue hopping back to original position, then turn body 45 degrees clockwise so shoulder/toe is pointing to the other imaginary OLB on the QB right side. Continue hopping in the 3 positions.

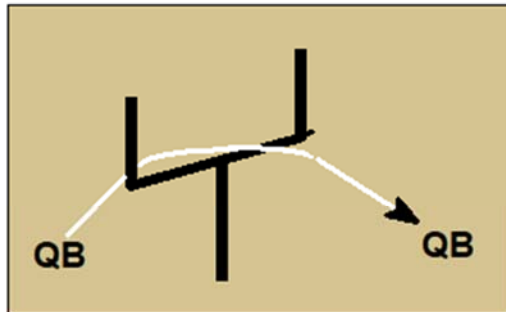
Could have 3 targets in front of QB and throw the ball to any target who puts his hands up while the QB is hopping into the 3 positions



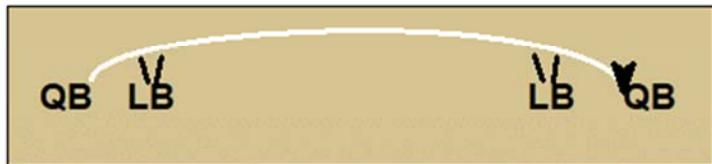
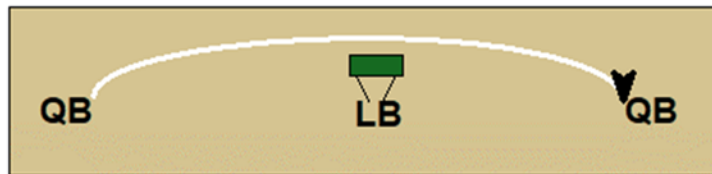
HOT POTATOE

QB & his partner chop feet rapidly, throwing the ball to each other. As soon as ball is caught, get ball in proper throwing position and throw back as quickly as possible.

THROW OVER LINEBACKER

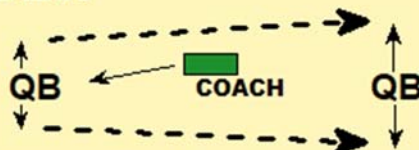


QB stands as close to goal post as possible and throws ball over the cross bars. Target stands where the fade, dig, and post routes end up.



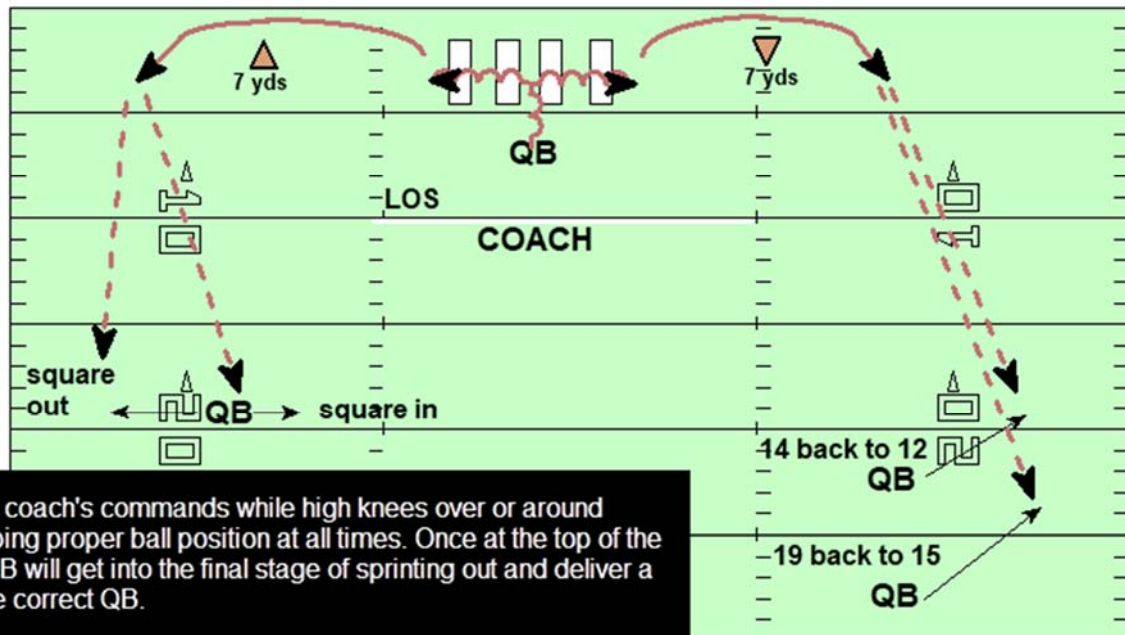
Target starts off in middle of two QB holding hand shield up. This simulates a LB dropping to his zone. As LB moves closer to the receiving QB, the throw becomes tougher. Progress to the picture in the 2nd box.

DODGE DEFENDER



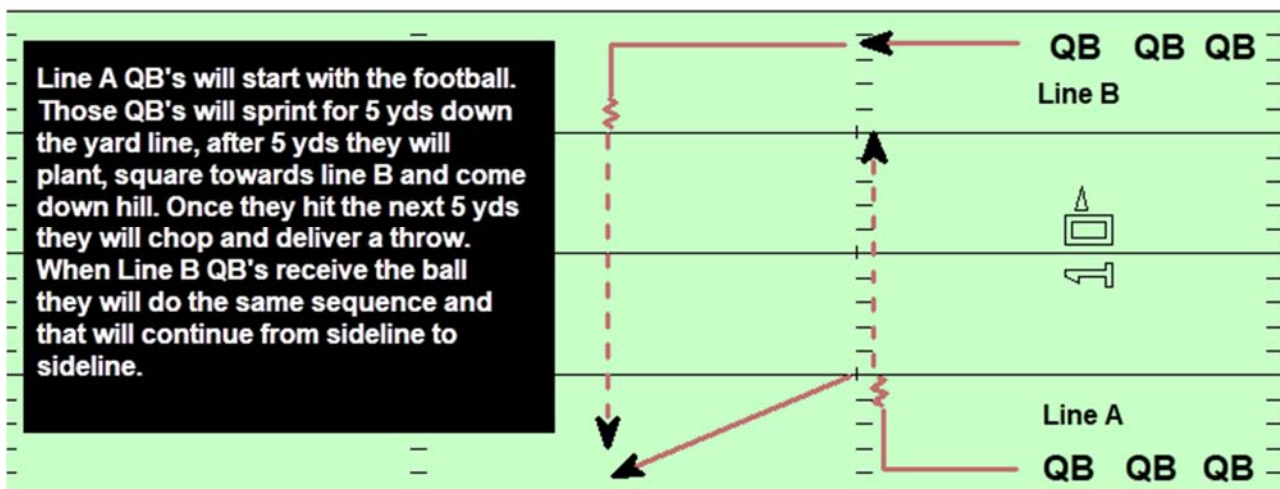
Coach underhand snaps the ball to the QB while holding hand shield in other hand. QB does his 1-step read route / quick 3-step / deep 3-step drops. Coach throws the hand shield at the QB, who dodges the bag & throws ball to the other QB. The receiving QB breaks in the same direction of the dodge and as soon as he sees the dodge.

Over Bag Rollout



QB follows coach's commands while high knees over or around bags, keeping proper ball position at all times. Once at the top of the cone the QB will get into the final stage of sprinting out and deliver a throw to the correct QB.

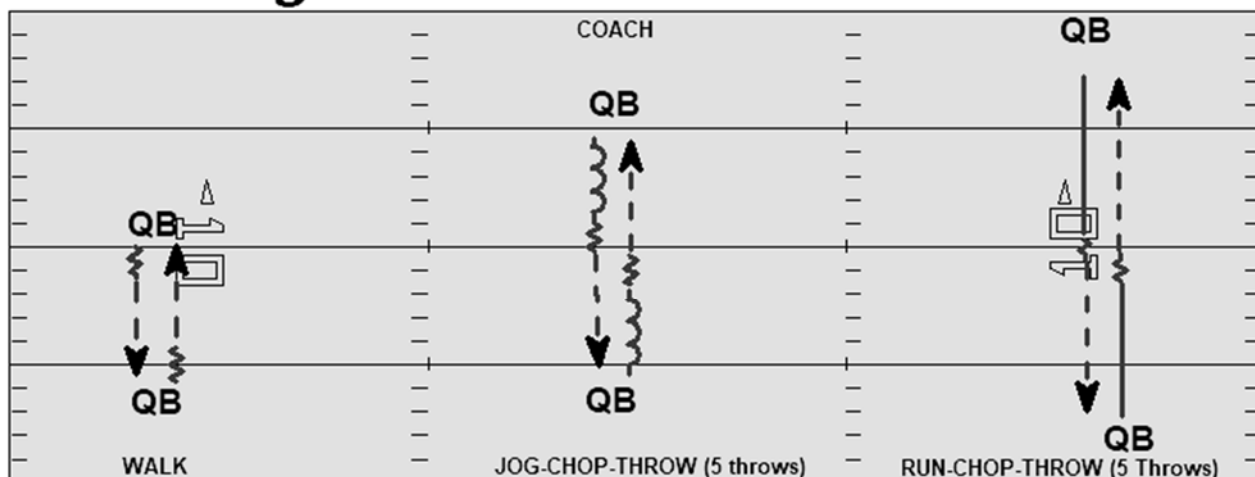
Line 2 Line



Line A QB's will start with the football. Those QB's will sprint for 5 yds down the yard line, after 5 yds they will plant, square towards line B and come down hill. Once they hit the next 5 yds they will chop and deliver a throw. When Line B QB's receive the ball they will do the same sequence and that will continue from sideline to sideline.

QB DRILLS**SPRINT PROGRESSION**

When throwing on the run, QB has to release ball off same foot as his throwing arm (right handed QB releases off right foot) and drags his opposite toe during follow thru. Shoulders are square to target while running, but left shoulder has to turn towards target before throw & perform SHOULDER REPLACEMENT.

Throwing on the Run***WALK Phase:**

QB's are 5 yds apart. Take turns chopping 3 steps to gain ground & then deliver a throw.

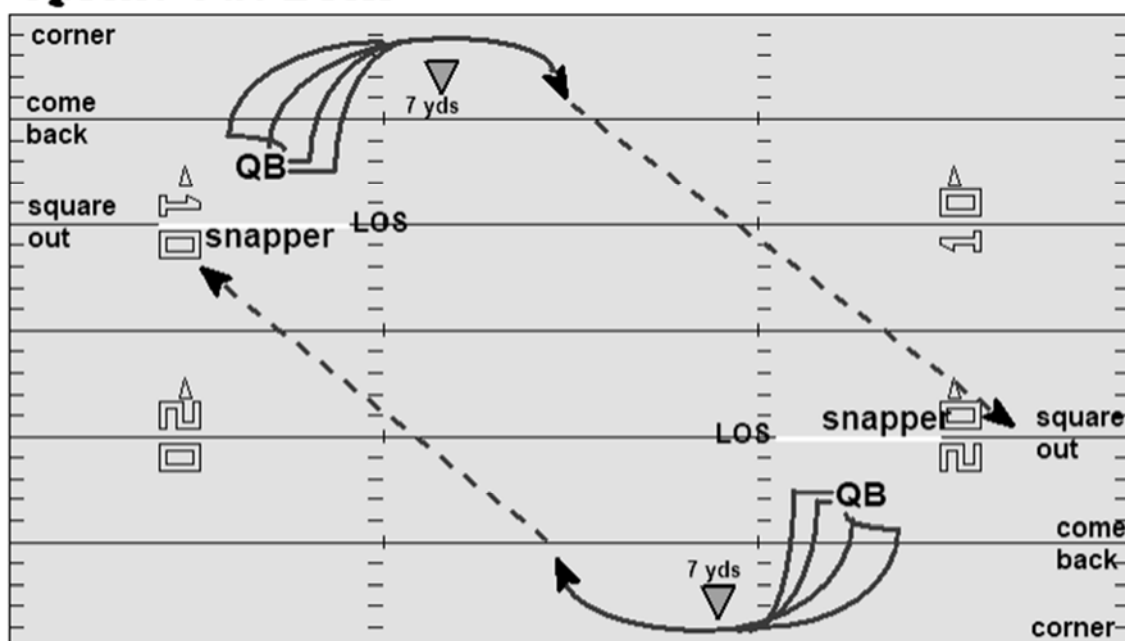
Partner walks backwards so that 5yd distance is maintained.

***Jog-Chop-Throw Phase:**

QB jogs towards partner for 5 yds then chops for 3 steps and delivers. Receiving QB jogs backwards to maintain 10yds

***Run-Chop-Throw Phase:**

QB's are 20 yds apart, & sprint towards partner. Receiving QB's backpedal quickly.

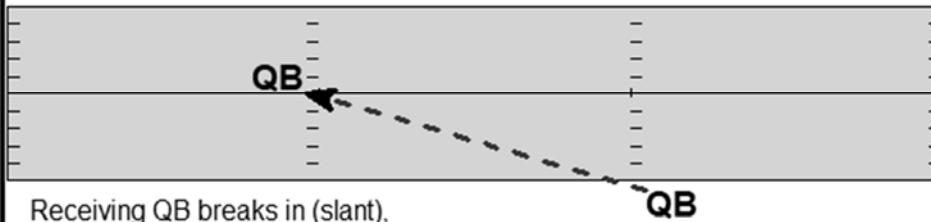
Sprint Out Drill

QB take turns sprinting out. Do a BLUE, 33 Belly Pass, 17 GO Pass, and 35 Down Pass. Then switch hashmarks & do RED, 34 Belly Pass, 18 GO Pass, and 36 Down Pass. Receiving QB simulates 10yd square out, Belly comeback (14 back to 12), GO comeback (19 back to 15), & 22yd Corner route,

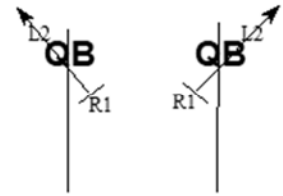
QB DRILLS**DROP MECHANICS****1 STEP DRILL**

Push off left foot, Plant Right foot perpendicular to the target.
 Turn left toe & throw...do not "hop" forward.
 These steps are on single receiver routes (PURPLE quik, bubble, 0, 2, 3, 9)

Gather & do "boxer drill" if making a read (PURPLE stick, indy, arrow)

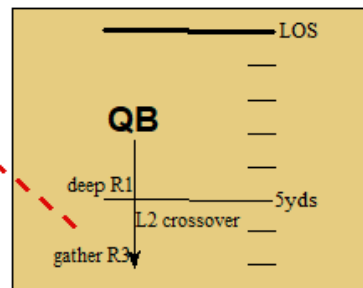
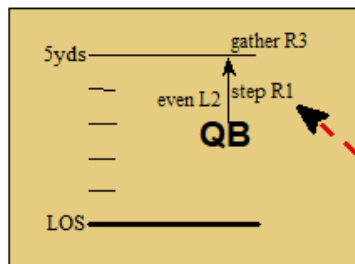


Receiving QB breaks in (slant),
 or sits & puts hands up (hitch).
 Always give a target (shoulder or chest)

**3 STEP DRILL**

QUIK 3-STEP: Push off left, step back so right foot is perpendicular to LOS.
 Second step with left foot is even with right foot, do not crossover.
 Another step with right foot so body is balanced. Should be 5yds from LOS.
 Boxer steps while making your read.

DEEP 3-STEP: Push off left & jump back as far as possible with right foot.
 Second step with left foot is crossover. Third step with right foot.
 Should be 7yds from LOS. Boxer steps while making your read.
 Hop forward on your throw to gain momentum & velocity.

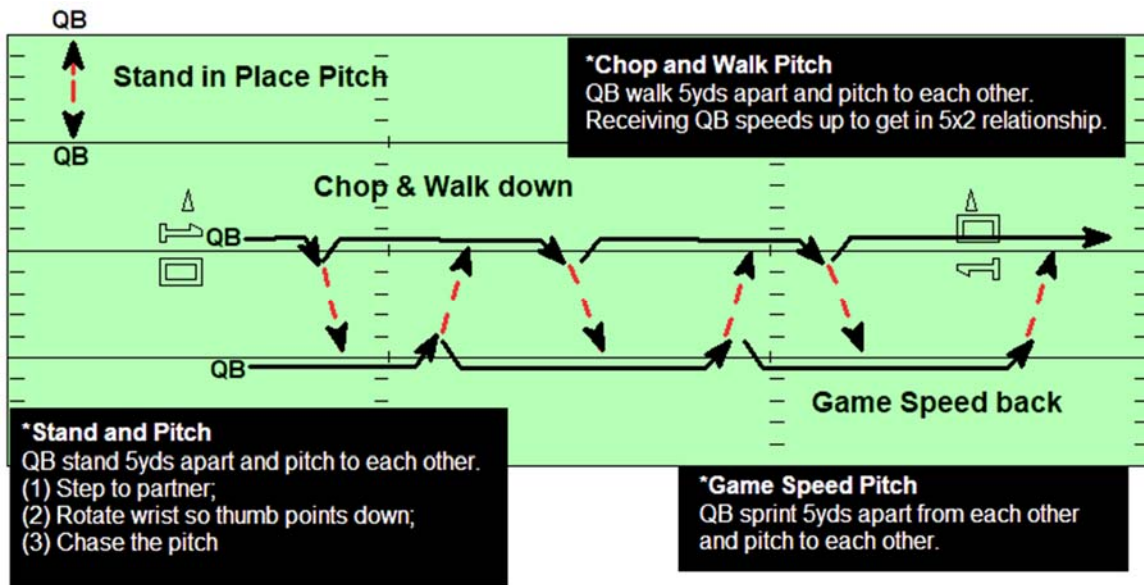
**VARIATION:**

All QB start at Goal Line & do Quik 3 Step drops all way down the field. Then do Dep 3-Step drops back.

QB DRILLS

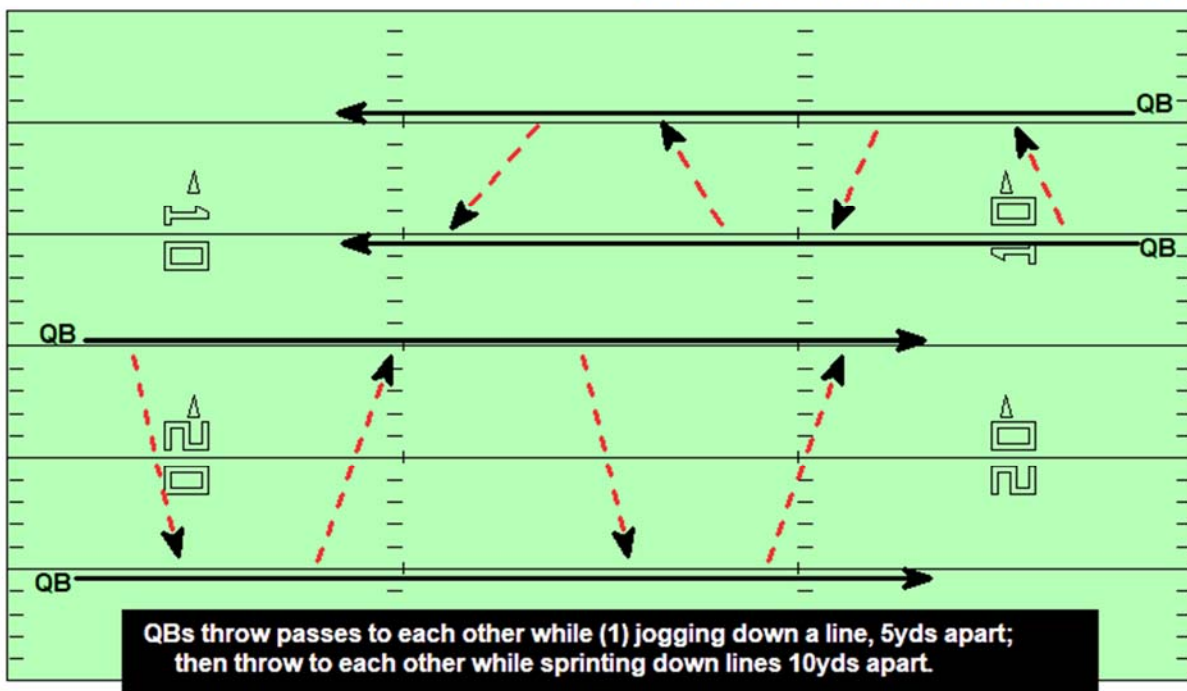
LINE DRILLS

Pitch Down the Line



When pitching the ball we teach our QB to STOP and STEP TOWARDS TARGET. As ball leaves the right hand, the THUMB POINTS DOWN. And we want our QB to "CHASE THE BALL". This prevents them from getting hit, but also they can recover any fumbles.

Throw Down the Line



Timing & Motions

Huddle

The quarterback must have control of the huddle. The players in the huddle must know beyond a shadow of doubt that their quarterback is in charge, is confident, and knows what he is doing. When the QB is talking nobody else can talk in the huddle. We tell our QB to say the play once to the players on the right of the center, pause so that the center can leave the huddle, step to the right to tell those players the play, and then pause in case anyone has a question. The QB is the only player who answers questions, so therefore he has to know all 11 positions.

Motion

The QB is not in charge of motion! It is the Wings jobs to know when they go in motion and know when to leave. We tell them **“it depends on the genetics your momma gave you”**, in other words each wing will leave at slightly different times based on their quickness. Also, our QB has a lot on his mind with all the reads, so this philosophy takes one thing off his plate.

Since the backs are timing their motions off the QB actions and the linemen are waiting for the QB first sound, it is **IMPERATIVE** that the QB is a creature of habit at the LOS. Since he is already standing at 3 yds in front of the huddle, his pre-snap progression is as follows:

1. Just turn around as players are leaving the huddle. Already at 3yds.
2. Cross the street
 - a. Look at Left Corners alignment (**“check the exits”**)
 - b. Scan to where the safeties are (**“scan the ceiling”**)
 - c. Find his unblocked defender in the box (**“count the crowd”**)
 - d. This scanning and counting has to happen in less than 3 seconds after breaking the huddle.
3. Left his left foot and say **“READY”** as the foot hits the ground. (**“squash the bug”**)

The 3 seconds is very important because we have trained the offensive linemen that the QB is going to say **“READY”** three seconds after breaking the huddle. All the OL drills start 3 seconds after the line coach gives the command.

The QB lifts his left foot even if there is no motion on that play. It is a timing mechanism. He also follows this exact progression even if the snap count is on SET or on the SECOND HUT.

Audibles / Check With Me

Plays in which the QB is going to check the direction that the play is being ran or actually call the play at the LOS (our Raider package), the QB will give those directions instead of saying Ready. Remember, our check with me plays are still called in the Huddle but the QB will decide if we are running right or left.

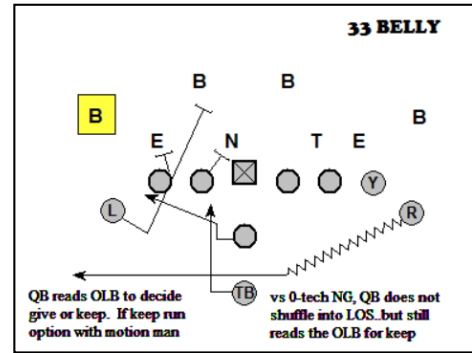
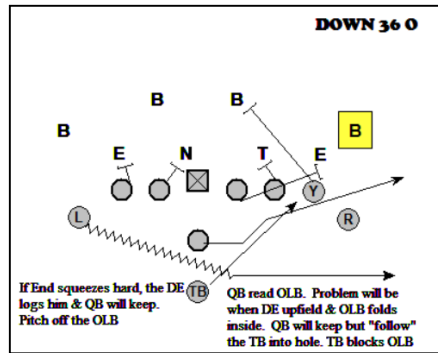
- RUN TO THE RIGHT: Girl Name...or Odd Number...or Mascot of bench we are running to
- RUN TO THE LEFT: Boy Name...or Even Number...or Mascot of bench we are running to

These plays are on the 2nd HUT and will sound like this:

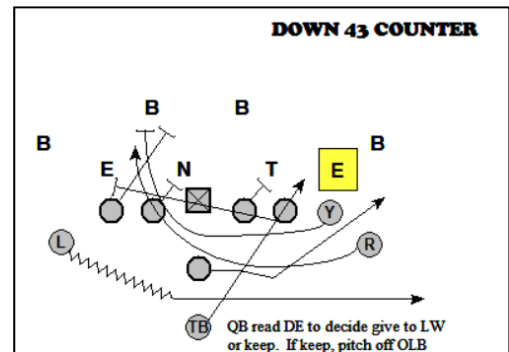
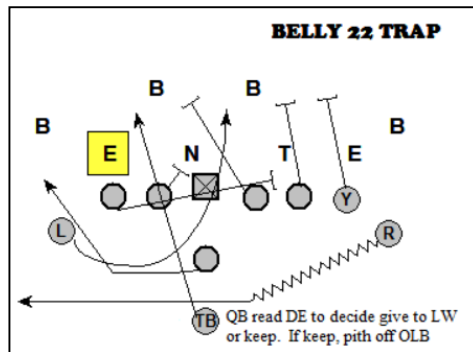
1. ARMY ON ME: “Mary-Mary.....Set.....Hut.....Hut” (running it to the right)
2. BAYLOR ON ME: “Billy-Billy....Set...Hut....Hut” (running it to the left)
3. CAL ON ME: “22-44-86”....Set....Hut....Hut” (running it to the right)

POST SNAP READS:

BELLY & DOWN Read the OLB



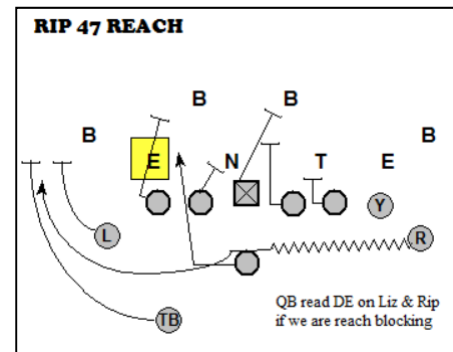
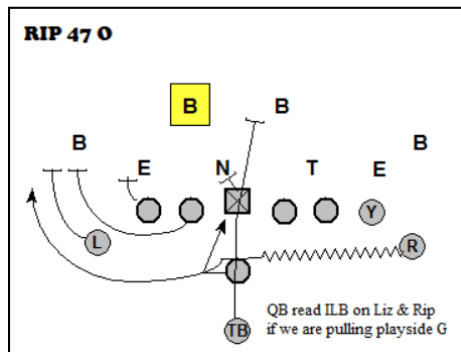
TACKLE TRAP & COUNTER Read the backside DE



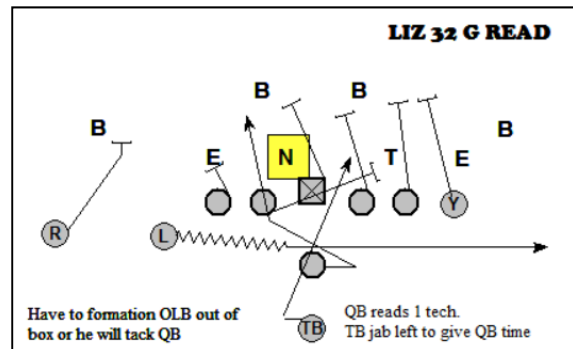
JET

Read ILB if Guard pulls;

Read Playside DE



GUARD TRAP Read the 1-tech



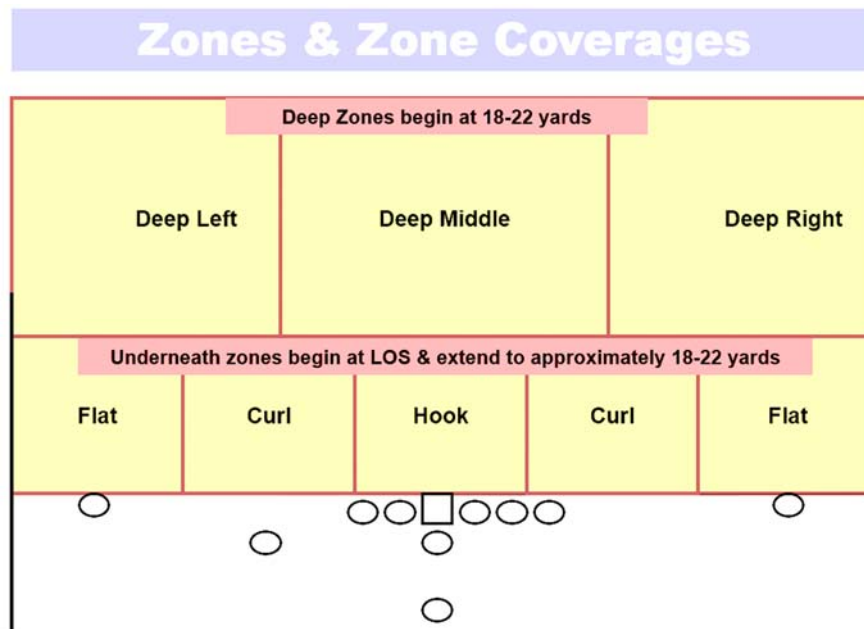
Reading Coverages

Basic Rules

- **PLAY ACTION**
 - Read deep to flats; Run if can get 5 yards
- **SHORT PASSING (purple)**
 - Read Outside Linebackers / Corners
- **DROP BACK PASSING (gray & white)**
 - **SPRINT PASSING (red & blue)**
 - Throw the flats till you can't
 - Know Down & Distance

Pre-Snap

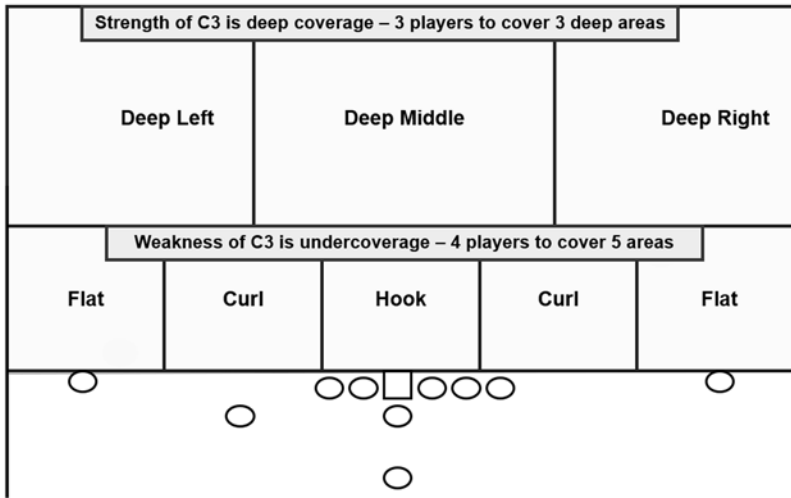
- **Scan the ceiling**
 - 1 or 2 safeties?
- **Check the exits**
 - Depth of corners;
 - inside or outside shade;
 - eyes on you or the receiver?
- **Count the crowd**
 - How many linemen & linebackers



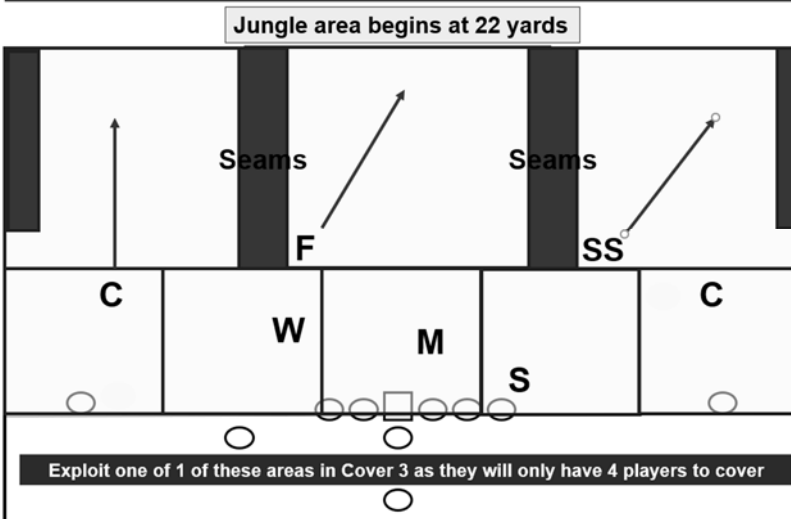
One Safety Middle Field Closed

- **COVER 3**
 - where are the flat defenders?
- **ROLL COVER 2**
 - Only 2 deep defenders.
- **2 LB blitz expect man to man**
- **Safety not in middle of field**
 - Rolled coverage or man

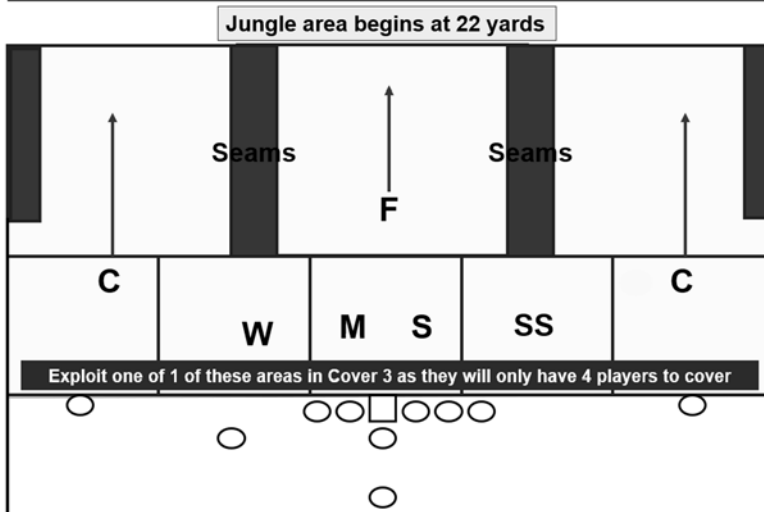
Cover 3 Philosophy



Cover 3 (Cloud) Philosophy



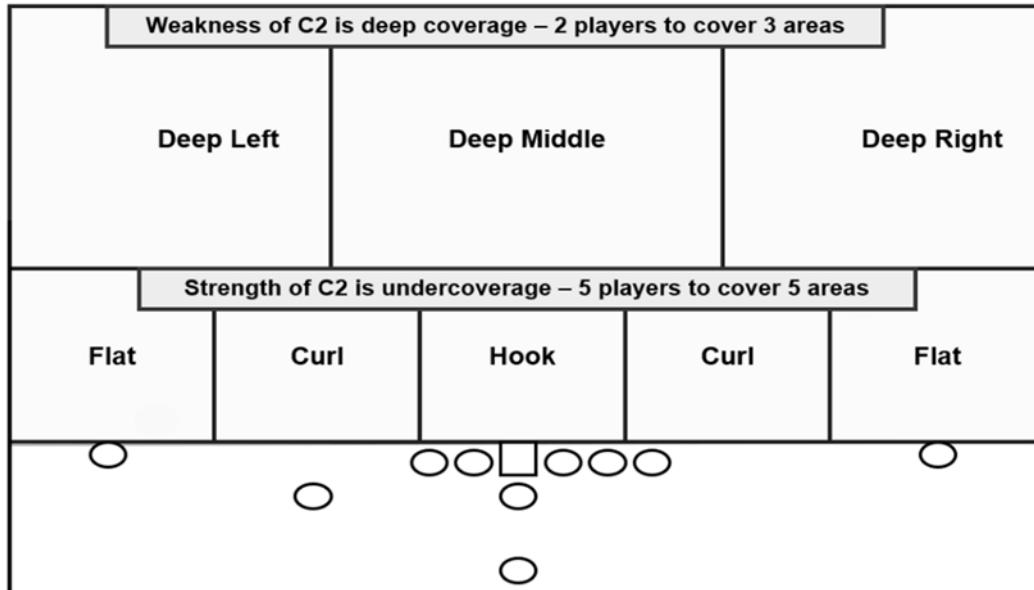
Cover 3 (Sky) Philosophy



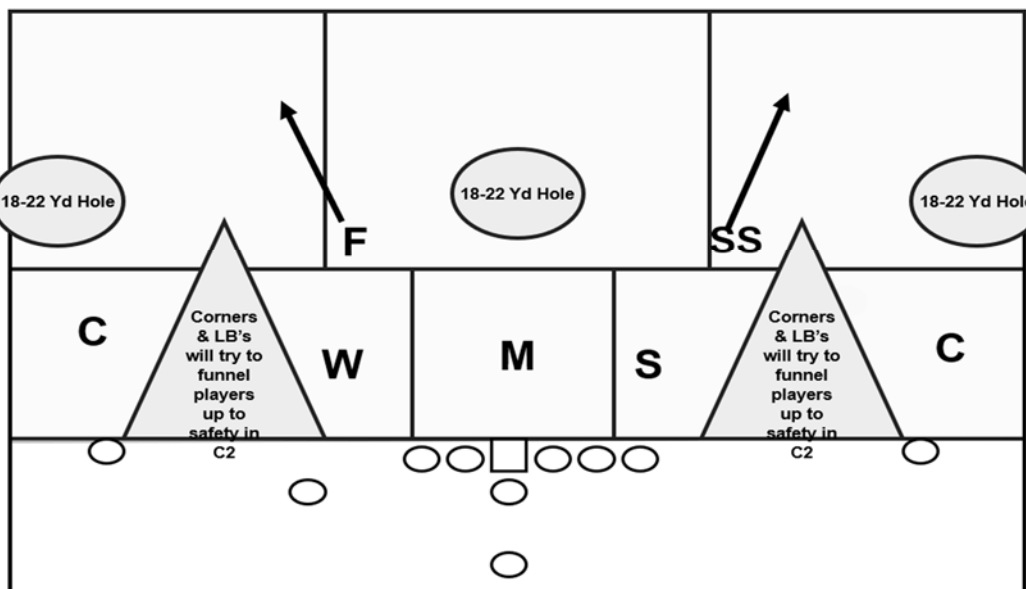
Two Safeties Middle Field Open

- **Divide the field in half**
 - Coverages can be different on each side
- **Check the Exits**
 - CB up & outside = Cover 2
 - CB back & outside = Cover 4 (flats?)
 - CB not looking at you = man (blitz?)

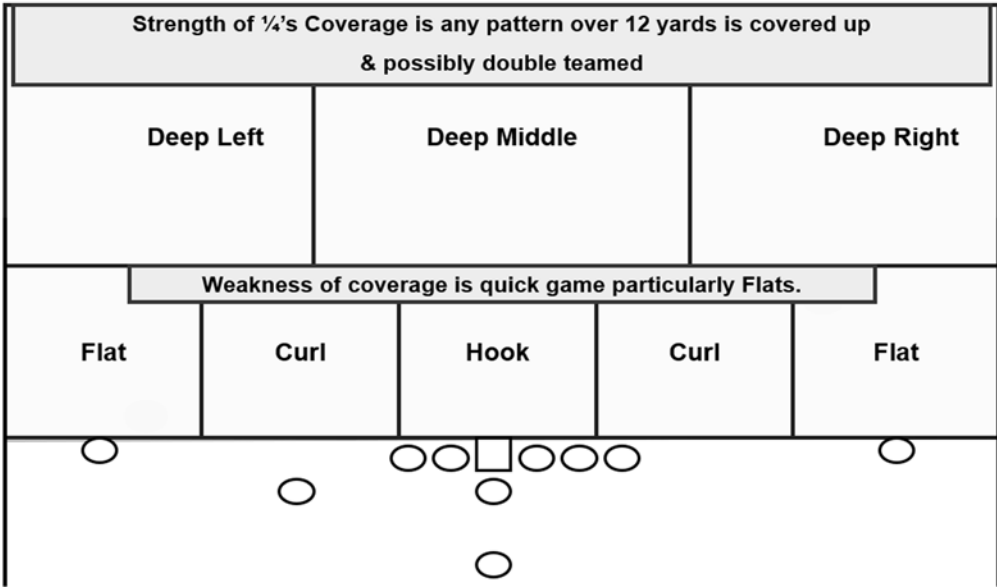
Cover 2 Philosophy



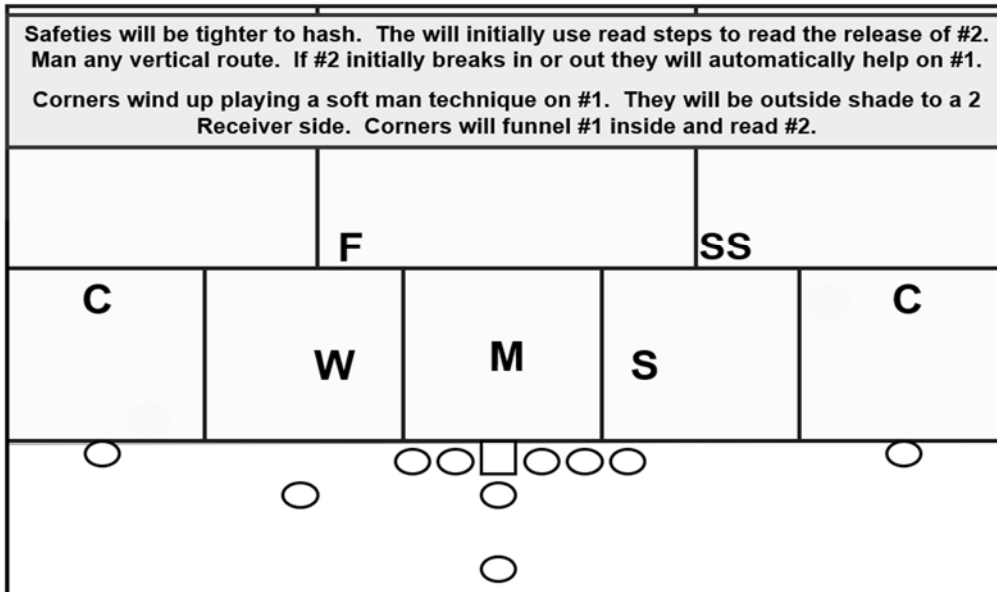
Cover 2 Philosophy



Quarters Philosophy



Quarters Philosophy



"MAN COVERAGE"

DEPTH:

- If the corners are within 6 yards it is most likely a type of man coverage.

EYES:

- If the DB's have their eyes on the receiver, it is most likely some type of man coverage.

ALIGNMENT:

- An inside or head-up alignment by the DB's points to man.

No Safety Middle Field Open
 • COVER 0