

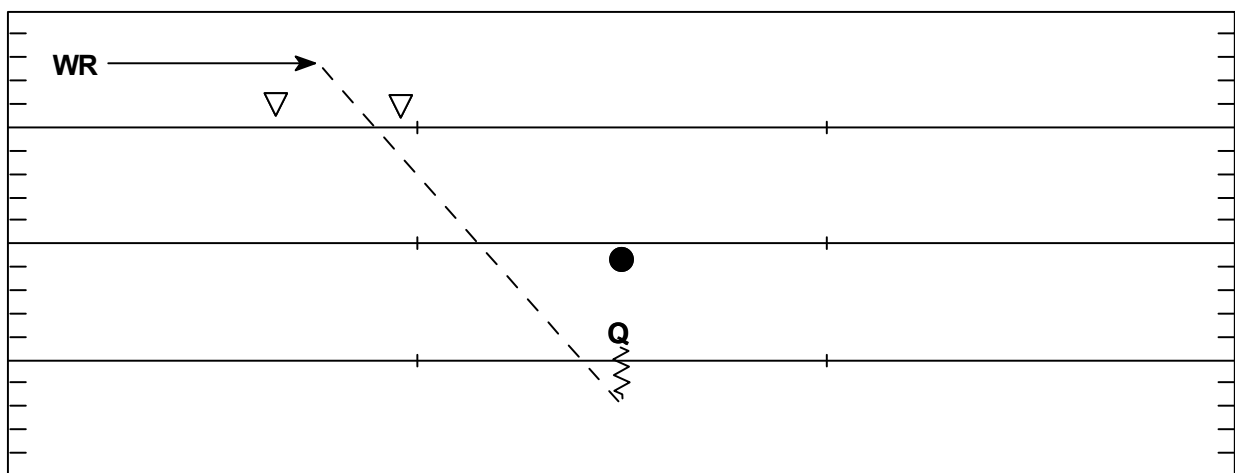
CHAPTER 3: PASSING DRILLS

#25 WINDOW THROW DRILL

PURPOSE: The Window Drill teaches the quarterback to deliver the ball on-time through a horizontal window to a receiver running across the width of the field. I refer to windows as the spaces between horizontal defenders such as linebackers.

SET-UP: Stand-up bags or players will be positioned at a prescribed depth away from the quarterback. The width of the window created by the players/bags can be adjusted to fit the skill level of the quarterback or the needs of the play or coverage being simulated. Upon command, the quarterback will take a predetermined drop and deliver the ball to a receiver that will be running through the window. The key is for the quarterback to time their drop with the throw so that the ball does not arrive early or late to the window. The quarterback must also learn to gauge the speed of the receiver and throw the ball with anticipation so that the ball intersects the receiver within the window.

VARIATIONS: For advanced quarterbacks the coach can vary the depth of the windows or set-up multiple windows that the quarterback must choose from. A defensive key will indicate which window the quarterback must deliver the ball to. Advanced quarterbacks can train their ability to look off defenders during this drill.

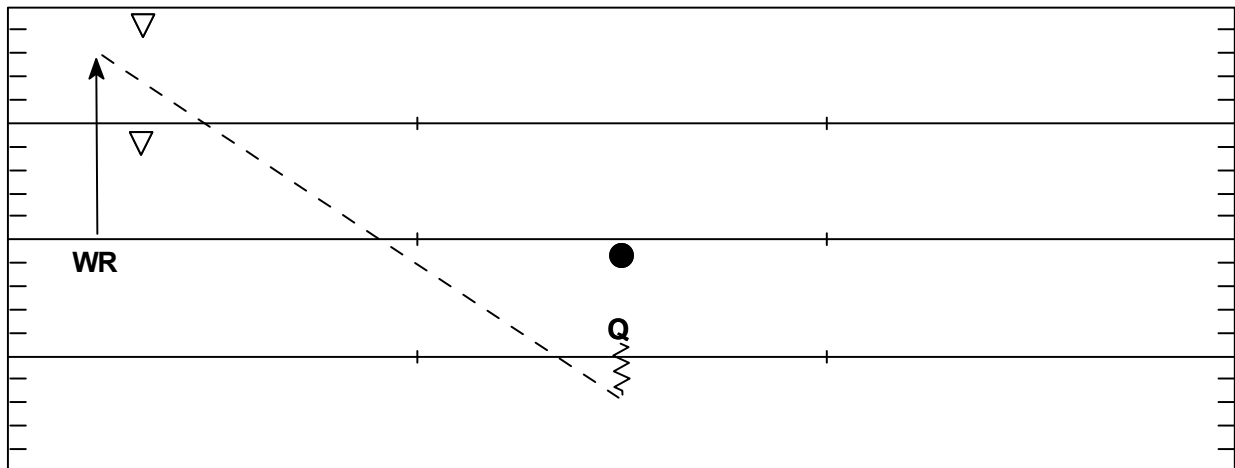


#26 HOLE THROW DRILL

PURPOSE: The Hole Throw Drill teaches the quarterback to deliver the ball on-time to a wide receiver running through a vertical hole in the defense. I refer to holes as the spaces between vertical defenders such as throwing over a linebacker or corner and in front of a safety.

SET-UP: Stand-up bags or players will be positioned at a prescribed distance from the quarterback. The distance from the quarterback can be adjusted to fit the skill level of the quarterback or the needs of the play or coverage being simulated. For example, this drill works well in training quarterbacks to deal with Cover 2 or Tampa coverage. Upon command, the quarterback will take a predetermined drop and deliver the ball to a receiver that will be running through the window. The key is for the quarterback to time their drop with the throw so that the ball does not arrive early or late to the hole. The quarterback must also learn to gauge the speed of the receiver and throw the ball with anticipation so that the ball intersects the receiver in the hole. In addition, quarterbacks must learn the appropriate trajectory of the ball needed to place the ball in vertical holes in the defense.

VARIATIONS: For advanced quarterbacks, the coach can vary the depth of the holes or set-up multiple holes that the quarterback must choose from. A defensive key will indicate which hole the quarterback must deliver the ball to. Advanced quarterbacks can train their ability to look off defenders during this drill. This is a great drill for training Cover 2 hole-shots to the sideline when you use a corner and safety to break on the ball in the air. This gives the quarterback feedback relative to their timing and trajectory.

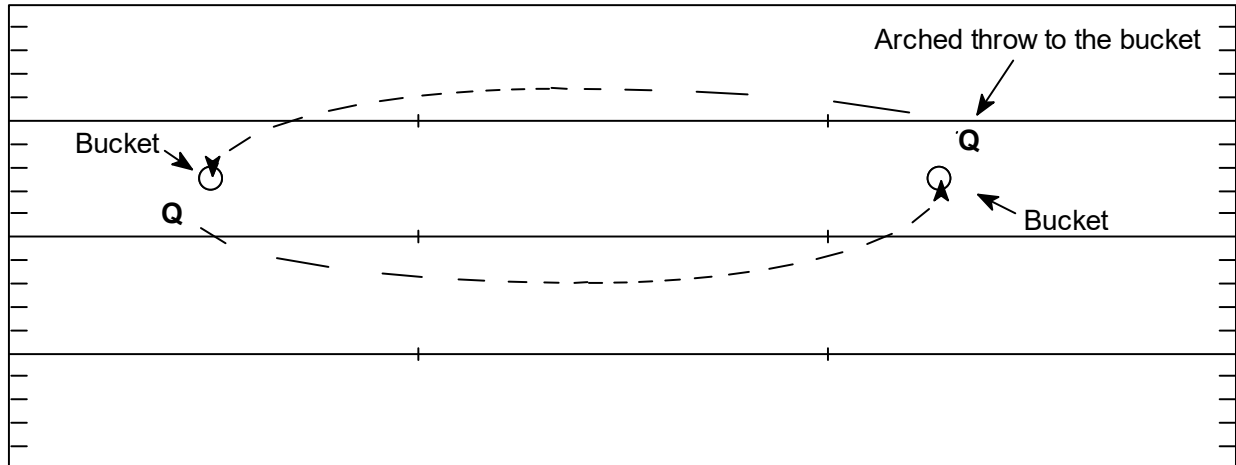


#27 BUCKET TOSS DRILL

PURPOSE: The Bucket Toss Drill is used to teach quarterbacks to aim their passes when throwing the ball with a high arching trajectory. This drill is a great way to emphasize release point, hip rotation and follow through. Being consistent with all parts of the throwing motion gives the quarterback the best opportunity to be consistently accurate.

SET-UP: A trash barrel will be placed at a prescribed distance from the quarterback. The goal of the drill is for the quarterback to deliver the ball at a trajectory that will allow the ball to land inside the trash barrel.

VARIATIONS: This drill works great when quarterbacks work in pairs. This allows players to shag balls for each other, thus increasing the number of reps that both quarterbacks can accomplish in a defined period of time. In addition, this is a great drill to make competitive. I like to score a ball in the bucket as 2 points and a ball that strikes the bucket in the air as 1 point. A brick, or even another ball or thin pad, can be placed under one edge of barrel so the opening is angled toward the thrower. This makes the drill a little easier, and keep in mind that when working from a distance of 30 yards or more it is extremely difficult to drop the ball into an un-angled barrel. Finally, advanced quarterbacks can pair this drill with pass drop work.



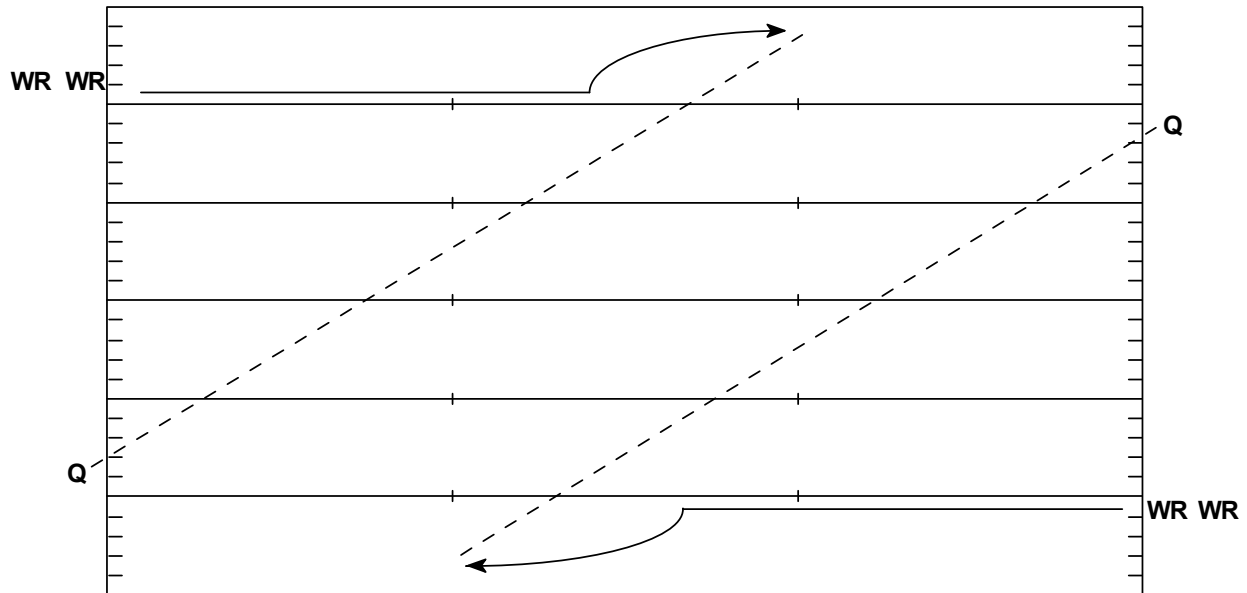
#28 DEEP BALL DRILL

PURPOSE: The Deep Ball Drill trains quarterbacks and pass catchers the techniques needed to be effective throwers and catchers on deep passes.

SET-UP: The receiver will line up along the sideline about 20 yards away from the quarterback and directly on one of the five-yard markers. Upon command the receiver will sprint down the yard line at maximum speed. The quarterback will execute the drop prescribed by the coach and deliver the deep pass to the receiver. It is critical that the receiver run at full speed so the quarterback and receiver can develop timing. The receiver should stay on the yard line for as long as possible before fading at the last moment to catch the ball over their outside shoulder. Coaching point: it is the receiver's job to run and the quarterback's job to throw the ball far enough in front of the receiver that he does not have to break stride. The quarterback should aim to deliver the ball to the outside shoulder of the receiver, pulling him approximately one yard from his line. This trajectory helps shield the ball from the defense.

VARIATIONS: Wide receivers can work press-man route release techniques as a part of this drill. In addition, a second player can shadow the intended receiver as a defender. Finally, this is a great conditioning drill. Set up the drill so that receivers work in a circle with quarterbacks on both sidelines (see

the diagram). Coaches should set their group size so that the receivers are running one sprint every 20-40 seconds, depending on their conditioning goal and the tempo that their team plays at.

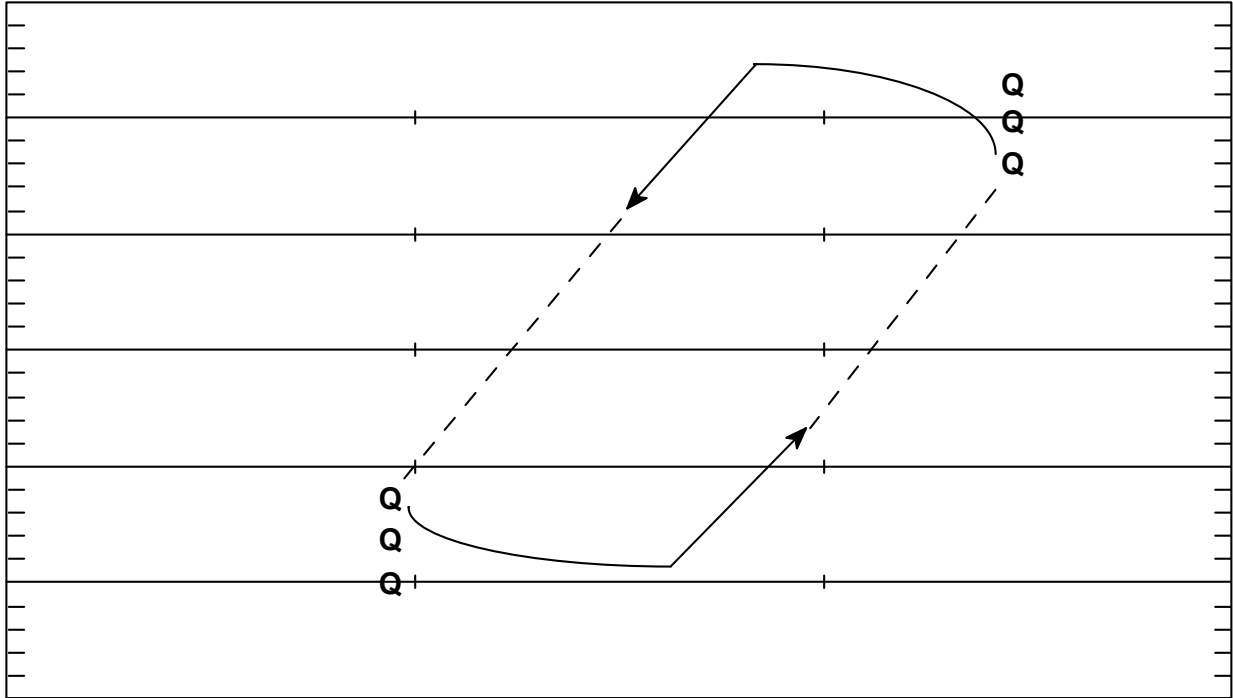


#29 THROW ON THE RUN DRILL

PURPOSE: The Throw on the Run Drill teaches quarterbacks the proper mechanics for throwing on the run.

SET-UP: A group of quarterbacks is needed for this drill. The quarterbacks will split into two groups and align at a prescribed depth and width from each other. The most common set-up that I use is to have one quarterback at the top of the number and the other at the far hash, but we will also utilize other spacings. It will be decided if the quarterbacks will work on running to their right or left first and the other direction will be trained subsequently. The drill begins when the first quarterback receives a snap from the next quarterback in line. When the quarterback catches the snap they will take a short drop step with their playside foot. After gaining depth the quarterback will sprint toward the target. Before releasing the pass the quarterback must do three things: 1) square their shoulders to the target, 2) run directly toward the target, 3) shorten their strides so that they can be balanced and plant their back foot in the ground upon triggering the release. The drill will be executed in a circle. When a quarterback throws they will follow their throw and become a part of the opposite line.

VARIATIONS: This drill can also be used to simulate scramble situations. The quarterback can take a pass drop, execute pocket movement, then break contain and throw on the run. In addition, the receiver can flash their hands when they would like the ball delivered. This teaches the quarterback to always be ready to throw while on the run and to quickly gather their feet when the receiving option becomes available.

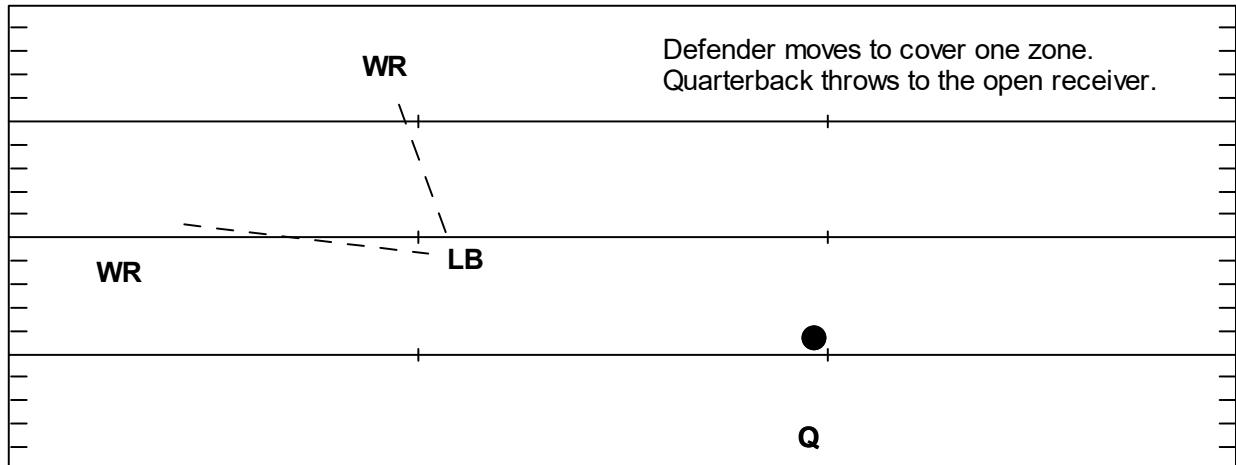


#30 READ SIMULATION DRILL

PURPOSE: The Read Simulation Drill teaches quarterbacks to read a defender in order to make the correction decision in terms of which receiver to throw the ball to.

SET-UP: Two to three players will disburse themselves on the field in the locations where the routes of a specific pass pattern would culminate. One to two other players (or coaches) will take the positions of zone defenders. At the snap, the quarterback will take the appropriate pass drop while reading the defense. The defenders will drop and cover all but one receiver. It is the quarterback's job to find the open receiver and deliver the pass with the appropriate timing. Using stationary targets allows for repetitions to happen quickly. This is a great drill for quarterbacks when the team's wide receivers are doing other drills because it allows them to simulate reading defenders. This is, however, no replacement for 7 on 7 work.

VARIATIONS: Advanced quarterbacks can work on the technique of looking off and manipulating defenders with their eyes. In addition, the coach can either dictate where the defenders will drop by pointing or leave it to the random choices of the players in the drill.

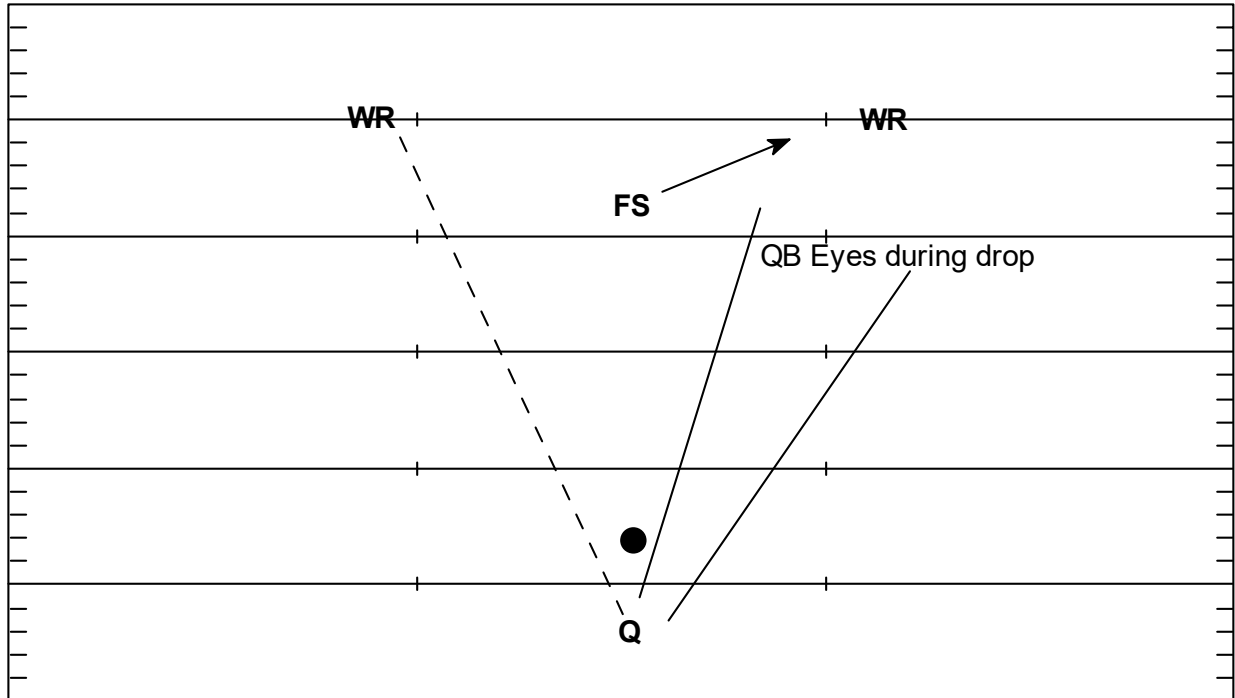


#31 MOVE THE SAFETY DRILL

PURPOSE: The Move the Safety Drill teaches quarterbacks to use their eyes and facemask to manipulate the location of a safety defender. This can be a middle of the field safety or a half-field safety.

SET-UP: In addition to the quarterback, this drill requires two stationary receivers and one defender. If training against a middle of the field safety the receivers will deploy outside of the college hashmarks with the safety in the middle of the field. If training against a half-field safety the receivers will deploy to the bottom of the college numbers and inside of the college hash with the safety splitting the two receivers. Upon command, the quarterback will take the prescribed drop to start the drill. The safety will attempt to “read” the quarterbacks eyes in order to position himself to intercept the pass. It is the quarterback’s job to deceive the safety and move him away from where he intends to throw.

VARIATIONS: The standard distance for this drill is about 18 yards from the line of scrimmage. This can, of course, be lengthened out to challenge the quarterback and train deeper pass plays in your playbook.



#32 MOVE THE CORNER DRILL

PURPOSE: The Move the Corner Drill teaches quarterbacks to use their eyes and facemask to manipulate the location of a Cover 2 cornerback defender.

SET-UP: In addition to the quarterback, this drill requires two stationary receivers and one defender. To train against a Cover 2 corner the receivers will deploy at the bottom of the college numbers at five yards of depth and at the top of the numbers at about 20 yards (picture the location of a “Smash” route combination). Other deployments can be utilized based on the Cover 2 manipulations in your playbook. Upon command, the quarterback will take the prescribed drop to start the drill. The corner will attempt to “read” the quarterbacks eyes in order to position himself to intercept the pass. It is the quarterback’s job to deceive the safety and move him away from where he intends to throw.

VARIATIONS: This drill can be changed to a Move the Linebacker Drill to train passing combinations such as crossing routes. To set-up this drill, position a receiver where the shallow crossing route would be and another where the deep crossing route would be. Next, position a linebacker between them and repeat the drill as you would in the Move the Corner Drill. The quarterback must use their eyes to manipulate the defense.

