

TEACHING PROGRESSIONS

OFFENSE - QUARTERBACKS

1. Leadership
2. No Huddle/Huddle Procedures
3. Play Calling
4. Cadence
5. Stance
6. QB/Center Exchanges
 - a) Shotgun
 - b) Under Center
7. Back Tracks & Mesh Points
8. Read Option Mechanics (Dual, Triple, Run/Pass)
9. Passing Mechanics & Trajectories (1 arc, 2 arc, 3 arc)
10. Eye Contact & Read
11. Faking in Run Game/Play Action Game/Bootleg Game
12. Backfield Sets/Formation/Motion
13. Reading Defensive Fronts
14. Reading Defensive Coverages
15. Passing Game Footwork
 - a) 1 step
 - b) 3 Step
 - c) Playaction/Boot
 - d) Sprint
16. Uncovered Receiver Principles
17. Opposite Calls
18. Check With Me's
19. Field Areas
 - a) Coming Out
 - b) Normal Field
 - c) Red Zone
 - d) Goal Line
20. Victory Offense
21. Clock Management (including time outs)
22. Offensive Tempos
 - a) Regular
 - b) Nascar
 - c) Freeze Check
 - d) Mayday
 - e) Turtle
23. Game Planning & Executing of Game Plan