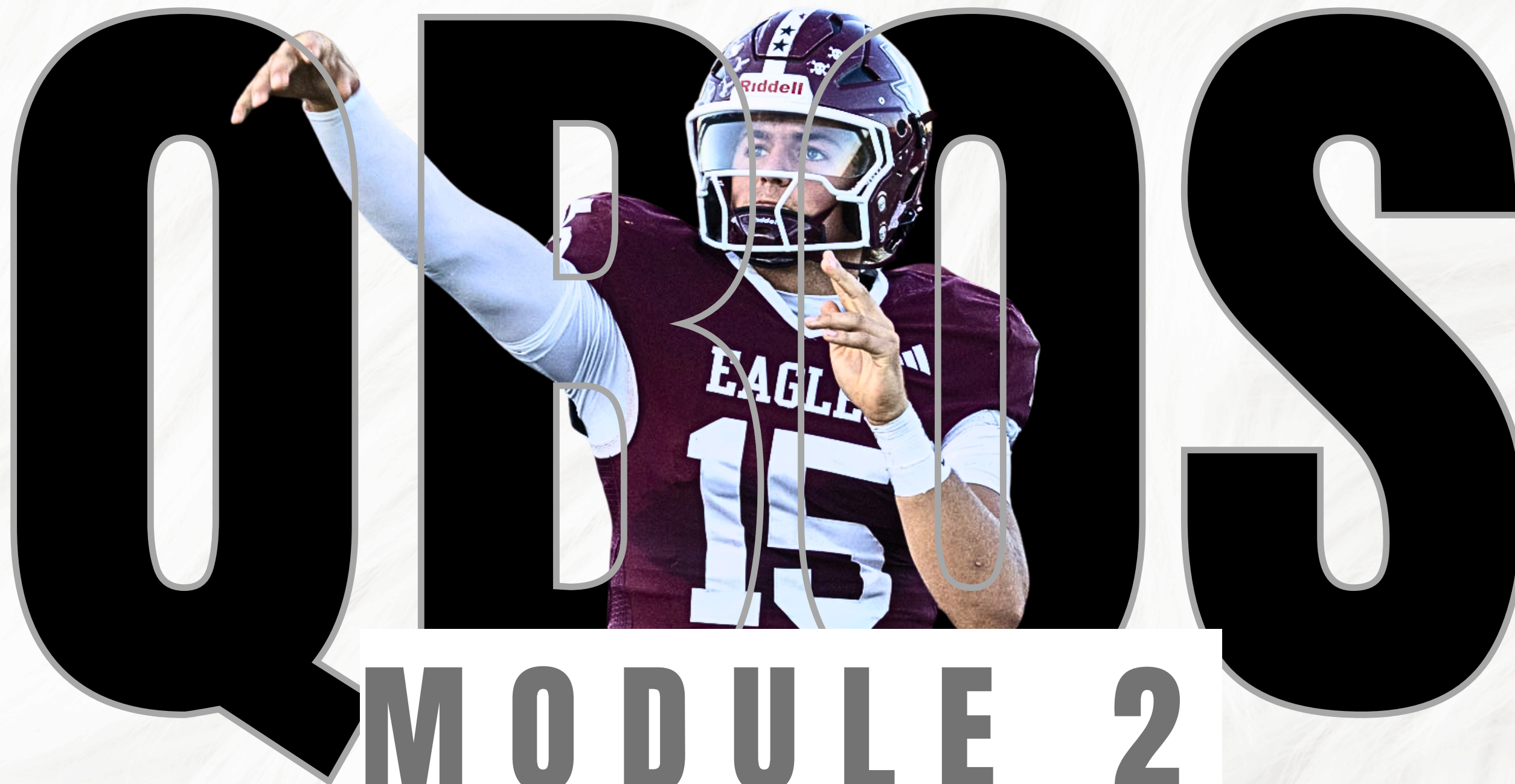


QUARTERBACK OPERATING SYSTEM



QDOS

MODULE 2

SYSTEM OVER CHAOS
HEATH ALLEN

A COMPLETE FRAMEWORK
FOR BUILDING A QB-
CENTERED OFFENSIVE
SYSTEM

2.1 PROFILING THE QUARTERBACK

QB-CENTERED OFFENSE = BRUTALLY HONEST EVALUATION

QUARTERBACK CEILING IS DETERMINED BY:

1. PROCESSING SPEED
2. DECISION DISCIPLINE
3. POCKET BEHAVIOR
4. EMOTIONAL REGULATION
5. LEADERSHIP PRESENCE

MOST COORDINATORS MIS-EVALUATE
QUARTERBACKS BECAUSE THEY FOCUS ON
ARM TALENT

ARM TALENT IS ONLY ONE VARIABLE

**ARM STRENGTH IS SECONDARY TO
PROCESSING**

2.1 PROFILING THE QUARTERBACK

THE QB EVALUATION MATRIX

ARM TALENT

CAN HE DRIVE DEEP OUTS FROM
OPPOSITE HASH?

DOES THE BALL MAINTAIN VELOCITY
LATE IN GAMES?

CAN HE LAYER THROWS OVER
UNDERNEATH DEFENDERS?

GRADE:

- ELITE
- SUFFICIENT
- LIMITED

ACCURACY PROFILE

BREAK IT DOWN:

SHORT (0-10 YARDS)

INTERMEDIATE (10-20 YARDS)

DEEP (20+ YARDS)

MANY HS QBs ARE

SHORT/INTERMEDIATE ACCURATE BUT
INCONSISTENT DEEP

THAT CHANGES YOUR SHOT
PHILOSOPHY

PROCESSING SPEED

THIS IS CRITICAL

ASK:

DOES HE IDENTIFY LEVERAGE PRE-SNAP?

DOES HE CONFIRM ROTATION POST-SNAP?

DOES HE HITCH WITH PURPOSE?

DOES HE FREEZE UNDER PRESSURE?

PROCESSING SPEED DETERMINES HOW
EARLY WE INSTALL FULL-FIELD
PROGRESSION

2.1 PROFILING THE QUARTERBACK

THE QB EVALUATION MATRIX

POCKET BEHAVIOR

THIS IS OFTEN IGNORED

EVALUATE:

DOES HE DRIFT BACKWARD?

DOES HE CLIMB?

DOES HE BAIL EARLY?

DOES HE RESET HIS FEET AFTER
MOVEMENT?

POCKET PANIC KILLS PROGRESSION
SYSTEMS

WE MUST TRAIN DISCIPLINE HERE

MOBILITY PROFILE

SEPARATE:

ESCAPE MOBILITY (SCRAMBLE ABILITY)

DESIGNED RUN MOBILITY (ZONE READ
THREAT)

DO NOT ASSUME SCRAMBLING EQUALS
OPTION THREAT

THEY ARE DIFFERENT TRAITS

LEADERSHIP PRESENCE

WATCH PRACTICE

DOES HE:

COMMAND HUDDLE?

DEMAND TEMPO?

HOLD TEAMMATES ACCOUNTABLE?

ACCEPT CORRECTION PUBLICLY?

A QB-CENTERED OFFENSE REQUIRES
LEADERSHIP MATURITY

2.1 PROFILING THE QUARTERBACK

THE TRUTH PRINCIPLE

BUILD THE SYSTEM AROUND THE QUARTERBACK YOU HAVE — NOT THE ONE YOU WISH YOU HAD



REALITY BUILDS STABILITY
FANTASY BUILDS FRUSTRATION

SURE, LUCK MEANS A LOT IN FOOTBALL. NOT HAVING
A GOOD QUARTERBACK IS BAD LUCK.

- BRUCE ARIANS

2.2 THE QB COGNITIVE DEVELOPMENT LADDER

THIS IS WHERE THE SYSTEM BECOMES ELITE

PHASE 1 – DEFINED ANSWERS

PHASE 3 – MANIPULATION & CONTROL

PHASE 2 – FULL-FIELD PROGRESSION OWNERSHIP



YOU ARE NOT JUST INSTALLING PLAYS

YOU ARE DEVELOPING A PROCESSOR



2.2 THE QB COGNITIVE DEVELOPMENT LADDER

PHASE 1 – DEFINED ANSWERS

EARLY INSTALL FOCUSES ON:

1. HALF-FIELD READS
2. CLEAR LEVERAGE INDICATORS
3. BOX-COUNT DECISIONS
4. SIMPLE PROTECTION DECLARATIONS

THE QB MUST MASTER:

1. PRE-SNAP IDENTIFICATION
2. IMMEDIATE POST-SNAP
CONFIRMATION
3. BALL OUT ON RHYTHM

NO OVERTHINKING

CONFIDENCE GROWS THROUGH CLARITY

2.2 THE QB COGNITIVE DEVELOPMENT LADDER

PHASE 2 – FULL-FIELD PROGRESSION OWNERSHIP

ONCE RHYTHM IS STABLE, EXPAND

NOW TEACH:

- 1–2–3 PROGRESSION STRUCTURES
- EYE MANIPULATION
- SAFETY MOVEMENT
- COVERAGE INDICATORS

COACHING EMPHASIS:

- HITCH TIMING EQUALS
PROGRESSION TIMING
- RESET MECHANICS
- ELIMINATE DOUBLE-CLUTCH
HESITATION

THIS PHASE SEPARATES MANAGERS FROM FIELD GENERALS

2.2 THE QB COGNITIVE DEVELOPMENT LADDER

PHASE 3 – MANIPULATION & CONTROL

ADVANCED QUARTERBACKS:

- MOVE SAFETIES WITH EYES
- INFLUENCE HOOK DEFENDERS
- CHANGE PROTECTION AT THE LINE
- ADJUST TEMPO STRATEGICALLY

THIS IS NOT INSTALLED IN WEEK 1

THIS IS EARNED

THE QB MUST FIRST PROVE DISCIPLINE BEFORE AUTONOMY INCREASES



2.3 TEACHING FULL-FIELD PROGRESSIONS

PRE-SNAP PROCESS (EVERY SNAP)

TRAIN THE QB TO ASK:

1. WHAT IS THE SHELL? (MOFO / MOFC)
2. WHERE IS THE BOX COUNT?
3. WHAT IS THE LEVERAGE OF MY FIRST READ?
4. WHERE IS MY PRESSURE THREAT?

THIS PROCESS MUST BECOME AUTOMATIC
YOU SCRIPT IT INTO PRACTICE



2.3 TEACHING FULL-FIELD PROGRESSIONS

POST-SNAP CONFIRMATION

IMMEDIATELY AFTER SNAP:

- CONFIRM SAFETY ROTATION
- CONFIRM HOOK/CURL DEFENDER DEPTH
- CONFIRM EDGE PRESSURE



THEN HITCH WITH DECISION

PROGRESSION IS TIED TO FOOTWORK

HITCH 1 = READ 1

HITCH 2 = READ 2

HITCH 3 = CHECKDOWN

FEET DISCIPLINE ELIMINATES HESITATION



2.3 TEACHING FULL-FIELD PROGRESSIONS

ELIMINATING HERO BALL

TEACH:

1. THROW THE CHECKDOWN
2. LIVE FOR THE NEXT SNAP
3. AVOID LATE MIDDLE THROWS
4. NO BLIND SIDARM ESCAPES



FULL-FIELD PROGRESSION ONLY WORKS WITH **DECISION DISCIPLINE**

CONFIDENCE COMES FROM LIVING TO FIGHT ANOTHER DOWN

2.4 PROTECTION OWNERSHIP

IDENTIFYING THE MIKE

EVERY SNAP:

- QB DECLARES MIKE
- OL CONFIRMS
- PROTECTION STRUCTURE LOCKS

NO SILENT CONFUSION

WE PREFER SIMPLE PROTECTIONS

THAT DOES NOT REMOVE QB
RESPONSIBILITY

IT INCREASES IT

2.4 PROTECTION OWNERSHIP

UNDERSTANDING THE TWO STRUCTURES

IF BACK IS IN:

FULL SLIDE → QB TRUSTS INTERIOR

IF BACK IS OUT:

GAP-SOUND → QB RESPONSIBLE FOR HOT

THE QB MUST UNDERSTAND:

PROTECTION DICTATES

PROGRESSION TIMING

HE CANNOT BLAME PRESSURE

HE FAILED TO IDENTIFY

OWNERSHIP BUILDS MATURITY

2.4 PROTECTION OWNERSHIP

HANDLING PRESSURE

TRAIN ANSWERS:

- REPLACE BLITZ WITH BALL
- THROW HOT WITH CONVICTION
- DO NOT FADE BACKWARDS
- STEP UP INTO SLIDE PROTECTION

BLITZ SHOULD NOT CAUSE
PANIC

IT SHOULD CAUSE IMMEDIATE
CLARITY

2.5 WEEKLY QB DEVELOPMENT STRUCTURE

MONDAY – CORRECTION & STRUCTURE

1. REVIEW PREVIOUS GAME ERRORS
2. IDENTIFY DECISION MISTAKES
3. REVIEW PROTECTION BREAKDOWNS
4. CONFIRM COMMUNICATION STANDARDS

NO EMOTIONAL FILM SESSIONS

CLEAR AND CORRECTIVE

ELITE QB GROWTH IS SCHEDULED -

NOT ACCIDENTAL



2.5 WEEKLY QB DEVELOPMENT STRUCTURE

TUESDAY – COVERAGE STUDY

1. STUDY OPPONENT'S BASE SHELL
2. IDENTIFY ROTATION TENDENCIES
3. IDENTIFY PRESSURE PACKAGES
4. STUDY RED ZONE BEHAVIOR

QB LEADS PART OF THIS SESSION

OWNERSHIP INCREASES CONFIDENCE

ELITE QB GROWTH IS SCHEDULED -
NOT ACCIDENTAL



2.5 WEEKLY QB DEVELOPMENT STRUCTURE

WEDNESDAY – SITUATIONAL MASTERY

1. THIRD DOWN MENU REVIEW
2. RED ZONE NARROWING
3. TWO-MINUTE CALL SHEET
4. AUDIBLE REVIEW

ELITE QB GROWTH IS SCHEDULED -
NOT ACCIDENTAL

CLARITY REDUCES GAME-DAY ANXIETY



2.5 WEEKLY QB DEVELOPMENT STRUCTURE

THURSDAY – MENTAL REHEARSAL

1. SCRIPT REVIEW
2. FIRST 15 VISUALIZATION
3. PROTECTION CHECK REVIEW
4. TEMPO GEAR PLAN

ELITE QB GROWTH IS SCHEDULED -
NOT ACCIDENTAL

QUARTERBACK MUST WALK INTO FRIDAY WITH CERTAINTY



2.6 LEADERSHIP DEVELOPMENT

THE QB IS NOT JUST A PASSER - HE IS THE EMOTIONAL THERMOSTAT

TEACH THE QB:

- NO VISIBLE FRUSTRATION
- IMMEDIATE RESET AFTER MISTAKE
- ENCOURAGE OL PUBLICLY
- ACCEPT CORRECTION PRIVATELY

THE QB IS NOT EXPECTED TO BE PERFECT

THE QB IS EXPECTED TO BE:

- PREPARED
- DECISIVE
- UNSELFISH
- RELIABLE

WE ARE DEVELOPING A FIELD GENERAL, NOT JUST A THROWER

OUR STANDARD. OUR SYSTEM. OUR QUARTERBACK.

MODULE 2 SUMMARY

BY THE END OF THIS MODULE, THE COACH UNDERSTANDS:

1. HOW TO EVALUATE THE QB HONESTLY
2. HOW TO GROW COGNITIVE LOAD GRADUALLY
3. HOW TO TEACH FULL-FIELD PROGRESSION CORRECTLY
4. HOW TO TIE PROTECTION TO OWNERSHIP
5. HOW TO STRUCTURE WEEKLY QB DEVELOPMENT
6. HOW TO BUILD LEADERSHIP INTENTIONALLY