

MOVEMENTS OF A QUARTERBACK

FOUNDATION OF FUNDAMENTALS



BALANCE

MAINTAINING BODY CONTROL FROM MULTIPLE FOOT PLATFORMS

Base/Balance/Load/Transfer

A wider base with weight in the arches of the feet helps to maintain balance throughout the play. Proper load on the back leg ensures maximum power generation from ground force. A wider base with proper load allows for full transfer of body weight, turning the ground force into rotational force.

Relaxed upper body

A relaxed upper body will unlock the lower body. The elbows should be pointing down with the shoulders stacked over the hips.

Sudden Compact Movements

The energy in the feet and the rest of the body should pop.



MECHANICS

MAINTAINING BODY CONTROL FROM MULTIPLE FOOT PLATFORMS

GRIP - Emphasis on fingers without palm touching. A consistent spin allows for control of ball speed and trajectory. (Commercial Drill)

CARRIAGE - Relaxed upper body, ball oscillates between the arm pits during drop (Duck Analogy). At the moment of load, ball should be near the throwing shoulder at height between the shoulder and jaw. (Cocked)

SEPARATION - Simultaneous with the stride. This is start of weight transfer. "Opposite/Equal" with arms. Throwing arm elbow/wrist association should be equal, or parallel to ground. Both should be slightly lower than the shoulder when the stride foot hits the ground.

SEQUENCING - Horizontal L to Vertical L with the initiation of rotational force from the hip. Elbow leads at/above shoulder height. Release point 45 degrees from head, 3"-6" in front of lead foot.

FOLLOW THROUGH - Pronate the wrist. Lead knee should stay bent. Eyes should remain level to maintain balance. Full Rotation!



RHYTHM

HOW THE FEET MESSAGE THE BRAIN

Under Center (Drop Back)

Receiving the Snap - Hand placement, Seating the ball

1st Step Drill - Pivot, Drive, Balance. (Stepping in the bucket drill)

3 step (free access & press) - 1-2 Throw tempo or 3 & balance

3 & reset (Sluggo, Train) - 3 step w/ shoulder dip, reset 2 steps

5 step - Multi-tempo drop

5 Rhythm (no hitch; Square Out, Bang 8)

5 & Pop (tight reset; Curl, Dig, Corner)

5 & Hitch (Go, Post, Comeback)

7 step - Always with a Reset/Hitch - Deep Dig, Comeback, Shake (post corner)



RHYTHM

HOW THE FEET MESSAGE THE BRAIN

Shotgun - Subtract 1 or 2 steps

Quick Game – “Line & Load”

- 1 step – single cut or to #1 in progression pre-snap
- 2 step – 2 receiver route combination (key read)

1 Shuffle – Can replace a 3 step from gun. (no crossover with 2nd step)

3 Step - Rhythmic and Under Control (Multi-tempo as above 5 step)

5 Step - Beware of depth (no deeper than 9 yds.)

Hots/Sight Adjusts - No Lace Throws

Progressions - Eyes & Feet Together

Key Reads - Curl/Flat & High/Low

Alerts - 5/7 Step (Progressions w/ Options)

Screens Footwork



CONFLICT

BALL SECURITY & SPACIAL AWARENESS

Pocket Movement - Feel the Rush

Wave Drill - 3-5 sudden compact movements in the pocket

Slide Step/Lateral Pop - One Piece Hitching

Conflict/Climb - Violent Rip, Climb in the Pocket

Escapes - Abandon the Pocket

Front Side - Free Runner (Front Out), Edge Rush (Up & Out)

Back Side - Free Runner (Front/Reverse Out), Edge Rush (Up & out)

Box Drill

Works all escapes, left & right

Great conditioning drill



MOVEMENT

PERIMETER PASSING

Under Center

Sprint Out (5 to 7 step timing)

Play Action Rollouts (Power keep, Counter Pass)

Bootlegs (1, 2, Hop technique)

Play Action (H6/H7, Blast/Lead Read/CB, Manning Pass)

Hot Throws (Head around to identify unblocked edge rushers)

Shotgun

Straight Rollout

Read/Option Pass

Move the Pocket



AWKWARD THROWS

OFF PLATFORM THROWS

First throw is to a HB on a screen.

- 5 step drop with eyes opposite of screen side
- Key is to settle after 5, then “drift”
- Want to give ground but also work to the screen side to find a throwing lane.
- We want to see this throw as one of touch; like a fade away jumper.
- Coach with a blocking pad simulates unblocked DE with arms raised off the edge
Throw is up and over to another coach standing at the LOS at the “ghost TE” area



AWKWARD THROWS

OFF PLATFORM THROWS

Second throw is to TE on a "Hot Route" vs a "Strong Dog"

- Brief explanation that a "dog" is talking about LB pressures
- A "blitz" is talking about Secondary pressures
- Top group may be able to absorb info on an Under Front, Guard Bubble, and how that is a big alert to a "Strong Dog" Guard "Molly" - can only handle one. HOT ROUTE! (22/23 protection)
- The TE, let's say, has a Seam route. On the snap he will arc release and peak. Position a coach about 5-6 yards down field. (or have receiver run it, but from a 3-point)
- Important to note: If Mike and Sam come, ask them who is replacing the void? The answer is the Will LB should be replacing from the weakside; hence, a Back-Shoulder Throw.
- The QB should release the ball on the third step while continuing to retreat
- For an added bonus, can either simulate pressure to force the hot throw, or don't come and the QB must continue on for 5 step drop, throwing the seam at 15-20yds.
Reaction vs Predetermined



AWKWARD THROWS

OFF PLATFORM THROWS

Third throw is off a scramble and the throw is back inside a lane.

- This is the “Favre Back Pedal” throw.
- Working left, we are trying to fight to get left shoulder on the target. Comes a point where in order to do so, you must almost turn around.
- At this point is when you start to throw and just continue turning to finish in a back pedal.
- One key is to carry the ball at the jawline. Helps the turn and out quicker; get on top of it.
- The other is to naturally learn how to chop the feet a bit to slow your momentum in order to turn around during the throw.
- Working right, picture being flushed right but the check-down is open, just a lane back inside. (Matt Ryan throw 2017).
- Again, ball up by jawline helps. Up and out
- This time we must “reverse-pivot” in order to be accurate with zip; tight window.
- QB rolls right (without the drop if desired) and can only throw once past the cone (at ghost TE area).
- Key is to jump off the right foot and then land on the right foot as the left foot comes behind. Should finish with right side through and in a back pedal.
- Similar to the Hot Route but on the run, not on the dropback.

