
Basic Quarterback Training



This tip provided by Todd Kreuger, [Football Tools](#)
For Active.com

Repetition is the key to becoming a good quarterback. Below are some of the most important techniques a high school quarterback needs to master to become successful. Many can be practiced during the off-season.

Stance

The feet must be comfortably spread, as wide as the shoulders. We stress that the feet be toe to toe and not staggered. The knees should be bent comfortably and not strained. Hips should be dropped to a comfortable position (in relation to the center) and remain as tall as your center permits. The arms and shoulders are bent slightly at the head and eyes looking ahead or from side to side.

Note: Tell your quarterback to be relaxed and to reflect a confident attitude. Don't hurry the play. Ask him to think about this position and to actually see himself in it. We tell our quarterbacks that they become what they think about. The mental attitude of your quarterback is very important.

Hand Position

The upper hand should have the palm parallel to the ground. The arm of the upper hand must be slightly- bent; index finger fully extended; spread fingers so they are strong and not tense. Press up firmly on the center's buttocks. You receive the ball with this hand. The index finger's second knuckle should be placed on the back of the centers derriere. Doing this will enable the quarterback to receive the football properly. This position of the index finger will not strain the quarterback's shoulders.

You want your quarterback to be comfortable. The arms are slightly bent at the elbows. This is important so that when the ball is snapped, the arms extend and follow the center as he charges forward. The execution of the center-quarterback exchange is vital. Never take this exchange for granted.

Carrying the Football

The next thing that is important for a good quarterback to master is carrying the football. He must bring the ball to his belt buckle (stomach area) after the snap. He must keep his elbows close to his sides and mentally start to get ready to hand off, toss the ball, or bring it to a throwing position. Good quarterbacks always operate from this position.

Handing the Ball Off

Handing the ball off requires discipline and concentration regardless of the type of hand-off you are executing at the time (i-formation; the veer; dive; sweep; toss). We tell our quarterbacks to "let your eyes control your feet." In other words, your eyes will control the length of your steps.

It is the quarterback's responsibility to give the ball to the ball carrier. He is a "dealer" and must have both hands on the ball in order to hand off correctly. On veer plays or dives the exchange comes with the same foot as the give hand (going to the right, it will be left foot, left hand; to the left, it will be right foot, right hand). This allows for greater reach and balance. You want this technique to be a natural movement. Simply look and concentrate on your target and place the ball into the running back's pocket. Avoid slamming.

The Passing Technique

Passing techniques are next. Grasping and holding the ball is very important before actual throwing takes place. We want our quarterback to cradle the ball at arm level - over the right breast area. After the snap, you bring the ball to your belt buckle and work it to this right breast area as you position yourself to throw (drop back or sprint action).

As you bring the football to this position, adjust the laces to your throwing hand. You must hold the ball with your fingertips and allow an air pocket between the ball and the palm your hand. The fingertip control of the football is essential for good passers. The elbows should be in at the sides allowing the ball to be away from your chest (several inches, at least). Relax! You are now in the proper position to release the football.

Preparing to throw

Tell your quarterback to separate the ball from his left hand. The lower end of the football points backwards as the QB separates. This allows him to bring his elbow up over the top of his shoulder pad. Just tell him to get rid of his left hand naturally and to work above his shoulders. Make sure that he doesn't lower the football too much below his breast area. As he comes back to the throwing motion, he rotates his shoulders at the same time. The palm of the hand, the front toe of the lead foot, shoulders and hips will all face the target as he releases the football. Work for a smooth rhythm and snap your wrist as you throw and release the ball over the shoulders.

Note: Demand that your quarterback throws with a purpose. Make sure that he uses a target above the receiver's shoulders. Make it a challenge to see

how many times the receiver catches the ball above his shoulders. Playing catch properly is important in developing accuracy when throwing a football.

The release

Releasing the football quickly requires intensity. We tell our quarterbacks to "short stroke" the football and roll their shoulders quickly. Remember that the tip of the index finger is the last thing that touches the football. Turn your hand and thumb down and out a little as you release the ball. Follow through by driving your chin past the front foot. There should be air below the back heel of your back leg as you follow through.

One thing that helps our quarterback with this follow through is to use the "imaginary line" principal, particularly to help develop accuracy. An "imaginary line" is one that extends from you to the target. The left foot should land on the left side of this line and the right foot on the right. The body will be squared up properly if this is done. Drop your throwing hand naturally as you release the ball - usually this hand will end up somewhere around the inside of the lead leg as you complete the throwing action.

Drills to improve quarterback technique



This tip provided by Toby and Active Team Sports
For Active.com

There may be no more important position on the football field than the quarterback. Though the following set of drills and programs are not terribly extensive or long individually, when coupled together they can vastly improve a quarterbacks technique especially in the drop back, set-up, and delivery of the ball.

Two Knee Drill (20 passes)

The purpose of this drill is to warm up the arm and, at the same time, teach concentration on target and ball release. Pair off about ten yards apart directly in line with each another, kneeling on both knees. Receiver will hold both hands up, giving the QB a target to throw to. Don't throw hard and concentrate on target.

One Knee Drill (20 passes)

Put your knee on the throwing side down. Place the ball on the ground, grip it with just the throwing hand, lift it up with one hand, cock it high with two hands, and throw it to partner. Exaggerate your follow through as if to pick up grass. Use the arm only and lead with elbow. Helps to develop stronger arc and wrist snap. Switch the down knee for variation.

Feet Parallel Drill (20 passes)

Purpose is to warm up the arm, and at the same time teach concentration on target and passing technique. Pair off about 12 yards apart directly in line with each other. Increase the distance as you warm up. Don't exceed 20 yards and do not take a step with your foot. This helps to develop a stronger arm.

Opposite Foot Drill (20 passes)

This is a basic warm-up drill to teach how to throw off the wrong foot by simulating the motion of throwing off the wrong foot while scrambling or sprinting out. If you're a right-hander start with your right foot forward in heel to toe relationship. Point the toe in the direction of the throw. To throw with the body you must rotate hips. If thrown with correct motion, you will be forced forward on the ball of your right foot and your weight will follow through.

Normal Foot Follow- Through Drill (20 passes)

Same drill as above except step with the correct foot. Right hander steps with left foot. Point the toe in the direction of the throw. When throwing at release of ball, turn hand to outside and palm down. This motion assures tip of ball will be up for a soft pass. Over-emphasize the follow through until it becomes an automatic part of throwing motion.

Circle Toss (3 minutes)

Run in a circle playing catch and reverse the action. Release the ball quickly. Square the shoulders and hips to target. As a variation, one man can stand still and the others run around him. Change direction and switch positions.

Down the Line (200 yards)

Run the length of the field and back playing catch. Keep 10 yards apart. Release the ball quickly. Square the shoulders and hips to the target. Work to increase speed.

Sprint Out Drill (20 passes)

Sprint right and left. Throw to other QB or target. Release the ball quickly. Square the shoulders and hips to target. Practice throwback pass also. Get a depth of 6-7 yards.

Set- Up Drill (20 passes)

Concentrate on speed on getting back. Get depth, step up and throw to a target. Start at 20 yards and work to 40 with lowest possible trajectory. Throw hard and soft. Use centers if possible. May time how long it takes for each drop-back.

Drills to Improve QB Technique



This tip provided by Todd Kreuger, [Football Tools](#)
For Active.com

These are some great drills from former NFL QB Todd Kreuger to help quarterbacks improve mobility, ball security, and their response to various situations that come up in the course of a game.

Globetrotter

This is an excellent drill for ball security. Quarterbacks work the football in a circular motion around their head, under their arms, around their waist, around their knees, around each knee, weaving through their legs and finally “playing catch” between their legs.

Coaches shout commands of which body part the ball revolves around-- usually starting with the head and working downwards. Coaches also shout the command “reverse” which changes the direction the ball is rotating. This should be done numerous times.

The drill concludes with five ‘drops’--the quarterback dropping the ball and then grabbing it. This is done with five drops with the power hand and five drops with the off- hand.

Toss sweep and option drill

Set up a line of quarterbacks holding footballs with the coach in the “Running/Pitch Back” position. The coach should be in a position behind and off to the side of the quarterback--where a running back would be receiving a toss sweep or an option pitch.

The quarterback faces away from the coach/running back, in a position where he would be taking a snap from center. Quarterback reverses out and executes a toss sweep to the coach. (This simulates either a toss sweep or a quick pitch play.)

The quarterback then moves to the other side until all quarterbacks have executed the pitch. Then the beginning quarterback again executes the pitch

to the coach and all other quarterbacks follow till all the quarterbacks have executed a pitch both to the right and to the left.

Now the quarterback executes an option pitch in the same manner. If the type of option your team runs has an inside or outside veer dive fake, then this can be simulated in the drill by the quarterback. In the option phase of the drill the coach yells "pitch" and the quarterback breaks down and executes a pitch stepping towards the "pitch" man/coach.

Knee drill

Two quarterbacks start with their right knees on the ground, facing each other ten yards apart. One quarterback has a ball on the ground next to his right leg. The quarterback picks up the ball with his power hand, puts the ball to his ear with his off- hand also on the ball and throws it to his partner quarterback across from him. The partner QB catches the ball, places it on the ground and does exactly the same thing throwing the ball back.

Quarterbacks continue playing catch in this manner while the coach helps them with the finer points of their throwing techniques: leading with the throwing elbow, ball at ear and pointing first with wrist and then index finger upon release of the ball.

3/5 Step drop and wave drill

Two quarterbacks start (one with a ball) facing each other 15 yards apart. The coach stands about seven yards from the quarterback with the ball. Quarterback with the ball faces the coach in an "under center" position. The coach gives a command and the quarterback executes a three- step drop with his feet "chopping/firing" on his third plant step. The coach then gives visual directions with his hands (such as improving quarterback focus by keeping eyes forward) and the quarterback executes a wave drill moving right, left, forward and back.

Quarterback with very short choppy steps only moves 2-3 feet in the drill in each direction. The last command by the coach is to "throw" to the partner. The coach then turns around and executes the drill with the partner quarterback.

Key points of emphasis:

1. Quarterback stands tall.
2. Quarterback is very quick in his drop and with his foot movement.
3. Quarterback's head is constantly forward the entire time watching the coach. Once completed, the drill can also be executed for a five or seven- step drop.

Boot/Sprint out and throw

Two quarterbacks start (one with a ball) facing each other 10 yards apart but staggered so one quarterback is 15 yards to the right of the quarterback with the ball. The coach stands roughly equidistant between both quarterbacks. The quarterback with the ball faces forward in an "under center" position. On the coaches' command the quarterback executes a bootleg, faking a handoff to his left, and then bootlegging to his right and throwing the ball to his partner quarterback. The quarterback who just completed the throw returns to his original position. The coach turns around and has the partner quarterback execute the drill.

Once the boot phase is completed the quarterbacks complete the drill using sprint out techniques. Then both quarterbacks move ten yards up field and turn around so they can execute the drill to the left side. This continues until the coach determines a sufficient amount of repetitions have been completed.

Throw on the run drill

Two quarterbacks face each other 15 yards apart with one quarterback having a ball. As the quarterback with the ball begins "running" towards his partner, the partner backpedals. The quarterback with the ball throws the ball to his partner.

As his partner catches the ball he now begins to run forward with the other quarterback now back peddling. The quarterbacks run and backpedal as they play catch with the football until the coach determines a sufficient amount of repetitions have been completed.

Summary

In all of these drills the coach is working with the quarterbacks on perfecting their techniques in throwing, executing a toss sweep or option pitch and establishing proper footwork. Special attention to the focus of the quarterback's eyes and footwork in these drills will do a great deal to improve the efficiency and quickness of the quarterbacks.