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# *My Favorite* **QB Tips & Drills**



01

# QB Tips

# QB TIPS



## THROWING ON THE RUN

### Throw easy:

- You shouldn't have to use 100% of your power when throwing on the run, you're already generating more force as a thrower while on the move

### Throw AT your target:

- You're typically moving in the same direction as your target when you are throwing on the run
- Trying to lead them will typically result in the ball being too far in front of them

### Lower arm angle:

- Releasing more across your body than over the top will keep the ball from dying and allow it to travel on the same plane longer

### Leg kick:

- To even the plane of your body, use an off-hand leg kick to balance out while still generating the force you need

# TIPS

*...continued*



## **RED ZONE QB PLAY**

### ***Back-end line throws***

- The ball should be caught face mask or higher
- Release “across your face” to keep the ball up
  - Similar to throwing on the run

### ***Goal line throws***

- Aim below the belt
- Too high of throws lead to trouble on the goalline
- Catch & fall is safe and effective

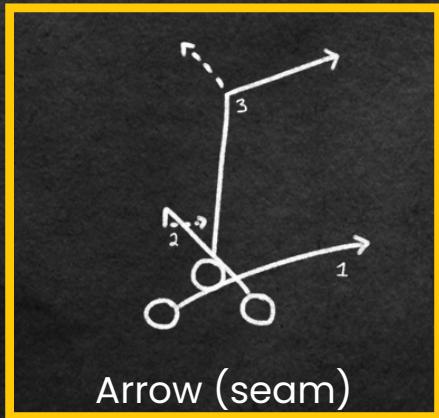
# TIPS

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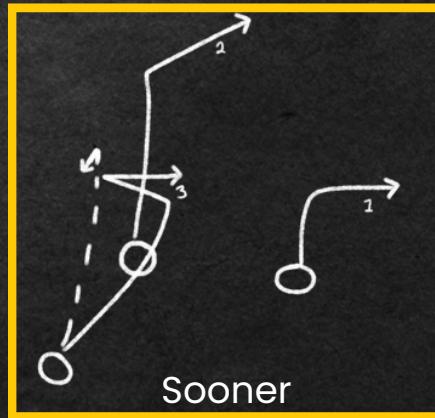
## ***Everything happens faster***

- Concepts become tighter and your footwork should reflect that.
- Red Zone footwork should be cut down from the conceptual footwork in half
  - Hitches often become plants, 5's become 3's, and so on
- Let it RIP
  - More interceptions are thrown in the Red Zone as a result of hesitation than anything else
  - Making the right decision LATE is worse than making the wrong decision on time (typically)

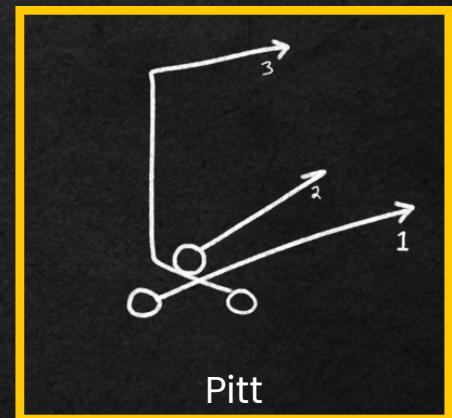
## ***My Top 3 Red Zone Concepts***



Arrow (seam)



Sooner



Pitt



02

 ***QB Drills*** 

# DRILLS



## **Net Drill**

- With a net or a garbage can, practice throwing 20-yard fades into the net & gradually back up
- It's a great way to practice throwing deep balls & fades with the ball turning over at the end
- Make it challenging, try different ball trajectories while still hitting the target

# DRILLS

*...continued*



## **Base Bag Drill**

- This is a great drill that I learned in Green Bay
- This drill can be used with bags in a straight line or with rolled-up towels in a straight line
- The idea is to shuffle back and forth with your feet at shoulder width
- Similar to a wave drill
- The goal is to learn how to throw with a base for times when you aren't able to step into your throw
- Simulates throwing from a tight pocket with minimal space

# **DRILLS**

*...continued*



## **Line Drops**

- Start dropping back under control in a straight line until you hear a clap
- When you hear a clap react and put your foot in the ground to initiate weight transfer for your throw
- This drill teaches you the reaction of having to come to balance unexpectedly and still deliver an accurate ball
- Add in variations of swiveling hips and dropping back on non-dominant side

# **DRILLS**

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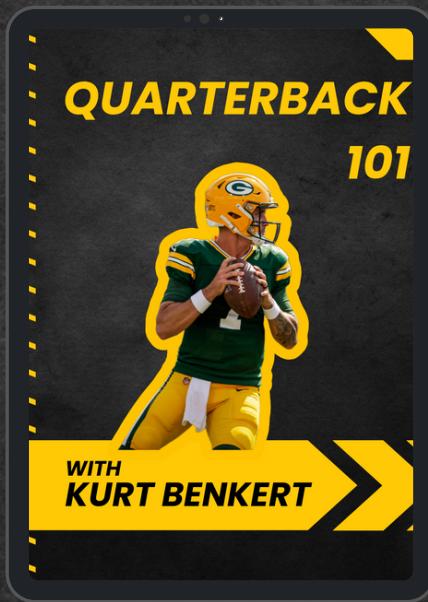
## **Fence Throws**

- This is my favorite drill for shortening release and improving arm strength
- You put your back against the wall and hold the ball at 90 degrees with the ball also touching the wall
- Have someone stand 10 yards in front of you and play catch with them by simulating the last piece of your throwing motion
- This should feel very similar to throwing a dart at point of release

**DIVE DEEPER**



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I'm looking forward to the impact this book will have on the next generation of players and coaches.

Enjoy, and dive in.

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