

OFFENSE

QUARTERBACK FUNDAMENTALS

QUARTERBACK DESIGN

ATHLETICISM

One KEY reason to run a multiple ATTACKING offense is to allow quarterback's to have an opportunity to enhance their athleticism, not hinder it. Whatever each Qb does well, we want to be able to integrate those skills into our offense.

DESIGN STEPS

Segment 1: Each Qb must know your programs Qb passing records, individual record holders-years and team offensive records. We want our future Qb's to know our past successes. Most importantly, we want our Qb's to visualize success for themselves.

Segment 2: Each Qb must watch game tape from the previous year. They should watch both game tapes of themselves (varsity or JV) and other Qb's to evaluate their play. Second, they must study and know defensive concepts. Last, they must watch the highlight tape of previous year, to again visualize success at the Qb position.

Segment 3: Each Qb will write down their individual and team goals for the next season and verbalize these to each other. These goals need to be communicated and written down to force each Qb to be strongly committed to them (see Qb log).

Segment 4: Each Qb will be expected to be a leader and role model in our program. This starts with character and integrity (values), involves academics (100% class attendance), citizenship (quality resident in halls, obey the law) and a positive attitude towards teachers, coaches and teammates. We want total commitment from our Qb's.

Segment 5: Each Qb will be expected to participate in our weight program, agility drills, speed work, and lead all passing work with receivers (FUN). We expect each Qb to work on skills and throw, throw, throw, throw (record in log for spring and summer).

Segment 6: Each Qb will take instructional videos home with him for the summer to continue to develop their mental preparation at the Qb position. We want them to visualize and see themselves achieving the goals they have set for themselves and our team.

QB PRACTICE STRUCTURE

1. We expect our Qb's to be first on practice field everyday (leadership).
 2. We expect each Qb to bring the footballs, cones, play strip to practice every day; and they are responsible for picking up this equipment at the end of each practice. We want to impress to the team that our Qb's are not prima donnas; they are teammates and will sacrifice any pretenses of an ego on who is important to the team.
 3. We expect each Qb to be a part of special teams and to have his own ball with him at all times.
 4. We expect our Qb's to be in charge.
 5. We expect our Qb's to be both physically and mentally tough (we will demand more from them than any other position; develop thick skin, handle pressure, demonstrate leadership skills).
 6. We expect our Qb's to meet during the week to review past performance, scouting report, game plan, and film study with position coach and/or offensive coordinator.
- (Beverlin, '99)**

BLITZ PREPARATION

We will start each game plan with the number one objective being to defeat BLITZ DEFENSE (man / zone / perimeter blitz / interior blitz). The learning will start in the pre-season so that everyone within the program can and will defeat the blitz.

Blitz means an opportunity for a big play - lets make the big play happen!

OFFENSIVE CONCEPTS TO BEAT BLITZ

1. **Screen pass:** bubble screen, draw, quick and slow screen strong or weak.
2. **Max protection:** three, five, seven step drop back with vertical concept.
-crossing concepts combined with vertical.
3. **Run offense:** use speed to run away from overload blitz – sweep / stretch / option.
4. **Hot protection:** backs free release strong and weak.
-area clear routes, option concepts and shallow crossers.
5. **Roll out pass:** use change of Qb launch point to run away from blitz.
-read, flood, smash, switch roll and sprint out pass.
-bootleg passes (lead back releases free).

Man Blitz: use vertical and crossing routes (run'em) and/or "hot" concepts to backs,
-work #'s miss matches and use mesh concepts to rub defenders.

Zone Blitz: use max protection concepts, concentrating on getting ball to wide rec's.
-1on1 clear out to best rec or attack weakness in zone coverage.

QUARTERBACKING

QB ATTRIBUTES: quick release, agility- "light on feet" and accuracy.

JOB OF QB: put offense in the end zone and execute the game plan.
***performance is the key (how starter is selected).**

GAME PERFORMANCE: speed x accuracy x form x adaptability x motivation
Emotion

QB PROCESSING: must be able to see whole play as big picture in head (see it all)!

QB THINKING (before every play – practice and game):

1. offensive thinking for situation, team expectation and passing game expectations.
2. defensive recognition of safety balance, box numbers-angles and blitz intentions.
3. play concept and post snap keys.
4. reminder of offensive situation expectations.

DOWN AND DISTANCE PASSING GAME EXPECTATIONS (55% or better):

- | | |
|-----------------------------|---|
| 1 st and 10: | 60% completion (no matter concept – must keep in normalcy). |
| 2 nd and long: | 70% completion (must get back on track). |
| 2 nd and medium: | 60% completion (no matter concept – must keep in normalcy). |
| 2 nd and short: | 40% completion (do not take negative yardage). |
| 3 rd and long: | 40% completion (stay with read and let receiver run to marker). |
| 3 rd and medium: | 50% completion (great offenses convert 45% of 3 rd downs). |
| 3 rd and short: | 60% completion (great Qb's get first downs – keep on track). |
| 4 th and medium: | 60% completion (great Qb's make plays). |
| 4 th and short: | 60% completion (great Qb's put offense in the end zone). |
| red zone (+20): | *do NOT give ball away – points (3 or 6) = NO interceptions! |

QB FUNDAMENTALS

STANCE:

1. Set hands under center as soon as you get to LOS.
This forces the defense to get set (pre-snap read and count).
2. RUN PLAY = feet parallel in relaxed position.
3. PASS PLAY = Place weight on opposite foot and back slightly (push-off).
4. Put pressure on center-ride center snap-bring ball to belt.
(PRESSURE-PUSH-PULL).

KEY: Get as many snaps as possible - BALL SECURITY.

NOTE: "SHOTGUN" snap, QB sets at 4.5 yards depth and cues center for snap with leg raise (then uses cadence for exchange). Qb has thumbs together, elbows bent to receive the snap with staggered stance (**leg of throwing arm forward – using same leg to cue center**).

HAND-OFF:

1. Always put weight on ball of pivot foot - no false steps.
2. QB should turn head and shoulder and look at ball carrier's pouch.
QB's body will naturally follow head and shoulder to ball carrier's pouch
3. QB's responsibility to get ball securely into ball carrier's pouch.
QB seat ball with thud on stomach of ball carrier (LOOK BALL INTO POUCH)
4. Let hand ride with hand-off for smooth exchange-never hurry-never force.
5. Carry out fake full speed-hold opposite hand on belt

FAKING:

1. We will use a ball fake with near hand into belly of back.
2. Extend ball to back's waist (near hip), then snap ball back to your belt – and bend (pause).
3. After quality fake, then execute drop with both hands on the football (ready position).
(option and belly fakes = keep both hands on ball, cover by bending at waist)

GUN OPTION STEPS:

- 1 STEP:** back side foot forward, set up at 45 degree angle in ride stance (present)
-square up to EMOL with eyes on (read shoulders and feet).
- 3 STEP:** (1) lead step after ride (2) cross over step (3) sit in chair and step to pitch.
- after ride and decide, attack down hill at EMOL and sit back for pitch.
- 5 STEP:** Same for 1-2-3-(4) push off DOWN foot-(5) run through pitch on edge.
- KEY:** Never look back at dive back during read phase - "arms and eyes down the line".
Before pitch, then find and see back (never pitch blind), **BALL SECURITY**.

ZONE READ OPTION STEPS:

- (1) use gun-option 5 step to attack outside linebacker (pitch key).
- (2) attack edge defender's outside leg – thinking pitch first.
- (3) ball to chest after ride phase (ready for quick pitch).

SPEED OPTION STEPS:

- (1) punch snap, use same 1st steps with no ride phase, ball to chest (ready for quick pitch).
- (2) long cross over step if pitch read soft, attack edge defender's outside leg, think run first.
- (3) ball to chest right away and attack outside edge (slow to fast).

OPTION DRILLS: Triple option 1-3-5 step, run ladder drills (foot quickness with ball).

1. Partner pitch runs (BOTH HANDS)
2. Ball drills-figure 8/grabs/flips/drops-circle-grab.
3. Ball Security form runs (Always do form runs with a ball)

THROWING MECHANICS

1. **READY POSITION** - When dropping to pass always hold ball with both hands up above chest area (like holding a bat). Keep shoulders loose, keep ball above chest.
2. **COCK BALL** - Bring ball to ear directly from ready position and aggressively whip arm through circle (arm speed is the key), "throw in darts".
3. **FEET** - Keep your feet underneath yourself with **balance (ankles apart-solid base)**.
4. **SHORT STEP** - Do not stride, use slide step and point belly button at target. Follow throw with belly button going with ball (*bent front knee and follow ball toward target*).
5. **PASSING ARC** - Always bring ball from ready position directly to ear. Avoid dropping ball down to start passing arc. Next, be very aggressive with passing circle - arm speed is the key. Do not be casual when releasing the football (quick-fire passing circle).
6. **TORSO TWIST** - When executing throw you should always point non-throwing shoulder at target (*get belly button pointed at target*) and twist torso and shoulders so that the throwing shoulder finishes pointing at target (*follow ball toward target*).
7. **WRIST ROTATION** - When releasing the ball you should snap wrist away, with the thumb down.
8. **FOLLOW THROUGH** - There are two aspects to proper follow through (arm and foot). After releasing the ball your arm should continue downward to non-throwing thigh, with thumb down and wrist away. The back foot should walk forward to follow throw.

WARM UP THROWING DRILLS

- *start with long arm (bad technique) throws to warm up large muscles and shoulder (easy).
- *throw 10 passes/drill at width of basketball court, then repeat sequence at length of court.
 - 6 drills X 10 passes=60 (twice) = 120 total throws + extra (play action)
- 1. Standing with torso at target (**no step**) and throw (**work on balance and release**)
- 2. Non-throwing leg forward, work hip and shoulder rotation (**no step - balance**)
- 3. Throwing leg forward, work hip and shoulder rotation (**no step - balance**)
- 4. Drops and throw: (non-throwing arm direction 2 to 1 reps, always start with, end with). Use the following core throws:
 - *sure hand ball drills (basketball), work football around body / flips / drops / throws.
 - *self snap on every drill (qb simulates center exchange), slap ball into hand to start drill.
- 1 **STEP BUBBLE** (under center), 1 drop step / plant & throw (pivot-drop arm side).
- 3 / 5 / 7 step and hitch (under center), train eyes to focus on keys and stay on rhythm!
- 7 step sprint out (under center), plant on 7th step, square torso to target, quick delivery.
- 9 step boot (set up), quality fake (slow-pause), get depth, plant and square torso.
- 1 & 3 step option passes (mesh fake-2 steps down line), reach-set or 3 step drop-set.
- 3 hitch and go (do each drop), then scramble to work on off balance throws (accuracy).

REACH DRILL: continuous 1st step, "reach" for 20 yds. / swivel every 5 yds. / carioca.

WAVE DRILL: execute 5 step drop & boots, coach will give directional signal.

1. keep both hands on ball with shoulders loose (ball high).
2. step up (climb) into pocket with foot bounce (feet on ground-ankles apart).
3. keep front belly button toward target, slide feet-keeping throwing position.
4. climb pocket (drag back foot) forward, "north" with 2 hands on ball and deliver pass.

LIVE WAVE DRILL: add two rushers from each side & run live wave drill (3 rec's).

SCRAMBLE DRILL: finish scramble drill with "run to pass" to safety valve rec's.

BOARD DRILL: execute 5 step drop, side step boards and climb pocket to throw.

1. keep both hands on ball with shoulders loose (ball high).
2. side step boards, leading with back foot and getting feet down quick (pound).
3. once over boards, climb pocket (dragging back foot) and execute throw.

BAG DRILL: execute lateral movement, straddle bag, coach will cue movement.

1. work foot bounce side to side (keep body upright-vertical) and rapid fire feet.
2. lead with back foot to change direction and execute throw 12-15 yards down field.

GUN DRILL: Qb with 5 rec's across (5 balls). Coach feeds balls as quick as he can to Qb.

1. Qb must catch and throw with accuracy to 5 rec's (1.4 seconds or less). 3 step gun!

DROP MECHANICS

KEYS - Use proper stance and no false steps. Work to get as deep as possible as quick as possible (under control). Use proper throwing mechanics and always throw at a target. FOCUS on defender and SEE open receiver (use eyes).

1 STEP BUBBLE (under center), 1 drop step opposite direction of throw = plant & throw. (shotgun), no step, plant on throwing arms foot (pivot), then shuffle toward target.

BIG-3 STEP DROP: (shotgun = pivot, settle, throw. Ball should be off in 1.4 seconds or less)

1. Stance - push off opposite foot of throwing arm.
2. Punch snap - do not be in hurry - BALL SECURITY.
3. Bring ball to chest with shoulders relaxed (ready position).
 -1st step - REACH back (depth step).
 -2nd step - GATHER step with slight crossover.
 -3rd step - HITCH STEP & THROW - (*three hitch-scan field-work pocket and go*).
4. Any indecision = know safety valve receiver (SV), first step toward rec (north).

3-5 STEP GUN-ROLL OUT: *quick-small steps (baby steps – under control)

- 1st step - REACH back at 45 degree angle (depth step).
- 2nd - 3rd steps – quick CROSSOVER-REACH steps (back toward LOS – belly path).
 *get body, feet and ball (ear) in position to throw.

-4th - 5th step - GATHER - execute throw run through up field.

ROLL: Use pocket “drag” steps to maintain balance and ability to throw across middle.

SPRINT: Run through throw - get front shoulder pointed downhill at target.

Continue sprint out off edge attacking LOS downhill with ball by ear - run to pass.

NOTE: when sprinting opposite arm strength, dip lead shoulder up field and drive ball to ear to get shoulders turned. The eighth step should be pointed up field with step nine and ten used to execute throw while running through toward target (10 steps).

QUICK-5 STEP DROP: (shotgun = 3 step drop)

1. Stance – push off opposite foot of throwing arm with reach step
2. execute 5 step technique quickly with balance (see hot defensive key).

BIG-5 STEP DROP: (shotgun = 3 step drop)

1. Stance - push off opposite foot of throwing arm.
 -1st step - REACH
 -2nd step - CROSSOVER
-3rd step – REACH or “stretch”!
 -4th step - GATHER (pivot to non-throwing arm side)
 -5th step – HITCH STEP and THROW (*three hitch-scan field-work pocket and go*).
2. Any indecision = know safety valve receiver (SV) and first step toward rec (north).

PLAY ACTION:

KEY: be slow with ball fake to create throwing lanes for receivers to get open in.

1. Sprint draw drop - (get depth) - ball fake-ball back to belt with eyes following back into hole.
2. Naked / Boot drops – (get depth) - ball fake same as blast-ball to ear (get depth) roll back.

NOTE: when play action opposite arm strength, finish drop depth then pivot on play side foot and drop step. Drive ball to ear to get shoulders turned and body in position to throw.

DROP DRILLS: 4 cone working the following - reach / carioca / 3 step / 5 step / 7 sprint.

*work drop back progression when throwing (left & right), 1-3-5-7-sprint-play action-scramble

TRIANGLE READ CONCEPT – 5 STEP RYHTHM (max pro)

Throwing mechanics and all drops must be fundamentally sound (timing).

Pre-snap defensive key = Qb will locate and point at both safeties (numbers).

Post-snap defensive key = movement keys (specific defenders) after ball is snapped.

"check" backer on snap to determine if back will block (man) or release (zone).

"blink" at deep defender, steps 1-2-3 (must decide by 3rd step of drop).

"focus" on shallow defender and **see open receiver** (2 live rec's versus 1 defender).

Zone = fast break = 3 on 1 drill and force defender to choose - throw to open man.

Man = clear out = 1 on 1 drill and let best receiver beat defender - offensive edge.

SV (out) for pass concept = climb pocket forward toward live running back (run to pass).

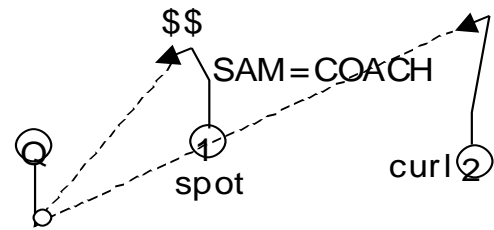
Triangle read drill: level 1-2-3

intermediate/deep passes

1st-QB "check" post-snap key (sam), 2nd-"blink" at post rec., 3rd-"focus" on defender and see open rec. know SV(safety valve or out).

deliver pass on rhythm ("2-3-4-5 & throw")

***example** = 5 step base pass



"FOCUS" CONCEPT – QUICK PASS WEST COAST (3 step drop back)

Pre-snap defensive key = Qb will locate and point at both safeties (numbers).

Post-snap defensive key = movement key (focus defender) after ball is snapped.

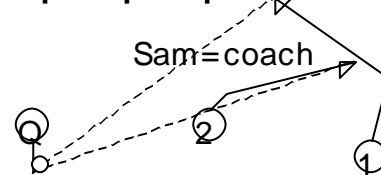
"FOCUS" on key defender and **SEE open** receiver (2 live receivers versus 1 defender).

"Focus" drill: level 1, quick pass

Qb flash reads "focus" defender (Sam=coach), deliver pass on time to open receiver.

DRILL 24: two Qb's and four rec's with each qb working side by side versus focus defender.

quick post pass



"FOCUS" CONCEPT – 5 STEP WEST COAST (free release pass)

Pre-snap defensive key = Qb will locate and point at both safeties (numbers).

Post-snap defensive key = movement key (focus defender) after ball is snapped.

Fback free = Qb checks, then focus on **"SAM"**=strong side backer is movement key.

Hback free = Qb checks, then focus on **"WILL"**=weak side backer is movement key.

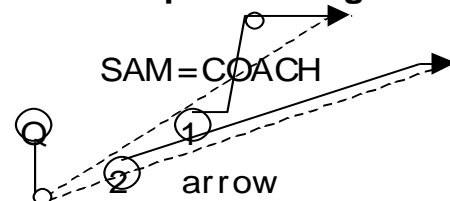
"Check" drill: level 1, "hot" pass concept

QB "check" post-snap key and "focus" on same defender (Sam or Will), deliver pass on rhythm.

*5 step drop back (rhythm).

DRILL: use 2 Y-rec's (pro set) plays both strong and weak at same time with 2 Qbs (pro set drill).

Flood pass-strong

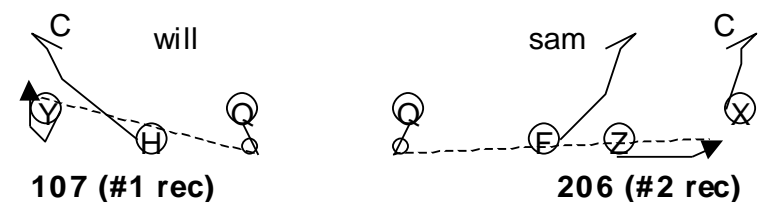


1. **"SAM"**=strong side backer key (check-release pass protection).
2. **"WILL"**=weak side backer key (check-release pass protection).
3. **"MIKE"**=middle backer key.
4. **"WILL SEE-YA"**=weak side corner key (waving hand signal).
5. **"PRAY FOR POST"**=blitz key for post route receiver (praying hands signal).
6. **"think dink"**, triangle hand signal = reminder for Qb to use triangle read(back)s).

DRILL PROGRESSION

* use breakdown drills to teach "parts" and build toward "whole" concept.

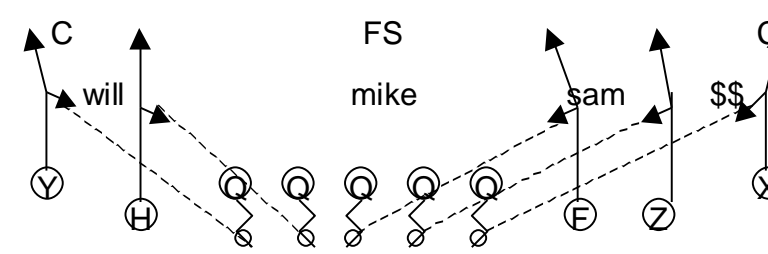
1. **bubble drill** as warm up to work stalk block, catch, run after catch (RAC) and throw.

<p>"bubble" drill: Two Qb's, from zero-twins formation, execute bubble screen left and right. start with #1 rec, progress to #2 and #3. * use rec's as def's to block.</p>	 <p>107 (#1 rec) 206 (#2 rec)</p>
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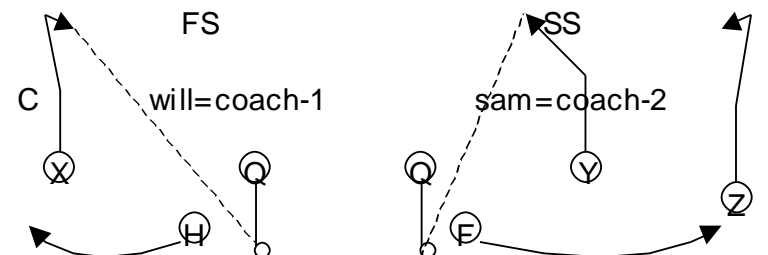
2. **run and shoot drill** using shields to represent defenders (zone) and throwing lanes.

Run through play inventory versus various zone coverage's, using different attack areas.

* **NOTE = backs with 1 QB run check-release drill (with back coach) at same time.**

<p>"run and shoot" drill: Five Qb's, from team formation, execute pass play. All start off same cadence, with coach communicating rhythm out to keep timing. Goal is to complete all 5 passes (perfect execution). * have 10 balls. * use shields as defenders</p>	 <p>quick stop (04-05) then "green" drill (go)</p>
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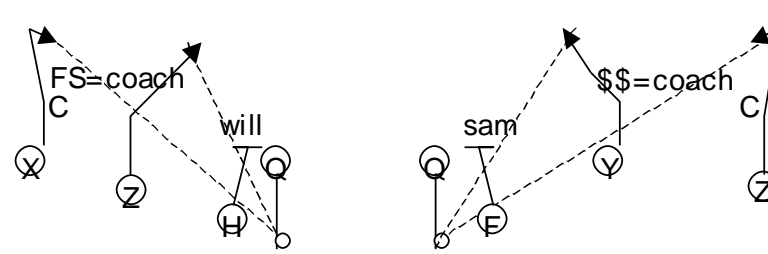
3. **drill 25/26** (2 Qb's and 5/6 rec's running 1 pass play strong and weak (train Qb eyes)).

<p>drill 25: Two Qb's, from team formation execute pass play. Each Qb attacks different area. Qb works triangle read progression with defense using zone or man coverage's. * extra Qb's act as rushers. * coaches play sam/will.</p>	 <p>BASE pass play vs. "cloud" zone cover</p>
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4. **"blink-blitz"** 2 on 2 drill versus db's-man coverage' (develop confidence vs. blitz).

* **note:** great drill to work sprint out pass, play action (strong side and bootlegs weak).

Also use 11 on 11 ("blitz 22" drill), to work complete team blitz pass package.

<p>"blink-blitz" drill: Two Qbs, four receivers, two defenders; mirror each other-working out from center. Each side uses own cadence to start. * 4 balls needed. * Qb rushers (wave drill) * coach can play FS if no db's</p>	 <p>BASE pass play vs. "blitz" man cover</p>
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5. **"7 on 7 pass skelly"** versus scripted defensive coverage's and offensive plays.

QUARTERBACK LOG

NAME:	DATE:
HEIGHT: WEIGHT:	TERM:
INDIVIDUAL GOALS:	TEAM GOALS:

Week #	Throws (count)	Ladder Drills	Fundo Drills	Drops	Run	Lift	Stretch	Total Time
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

TIME TOTAL

SELF EVAL:	COACH REVIEW:
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