

Pass Concept Progression Drill (QB Drill)

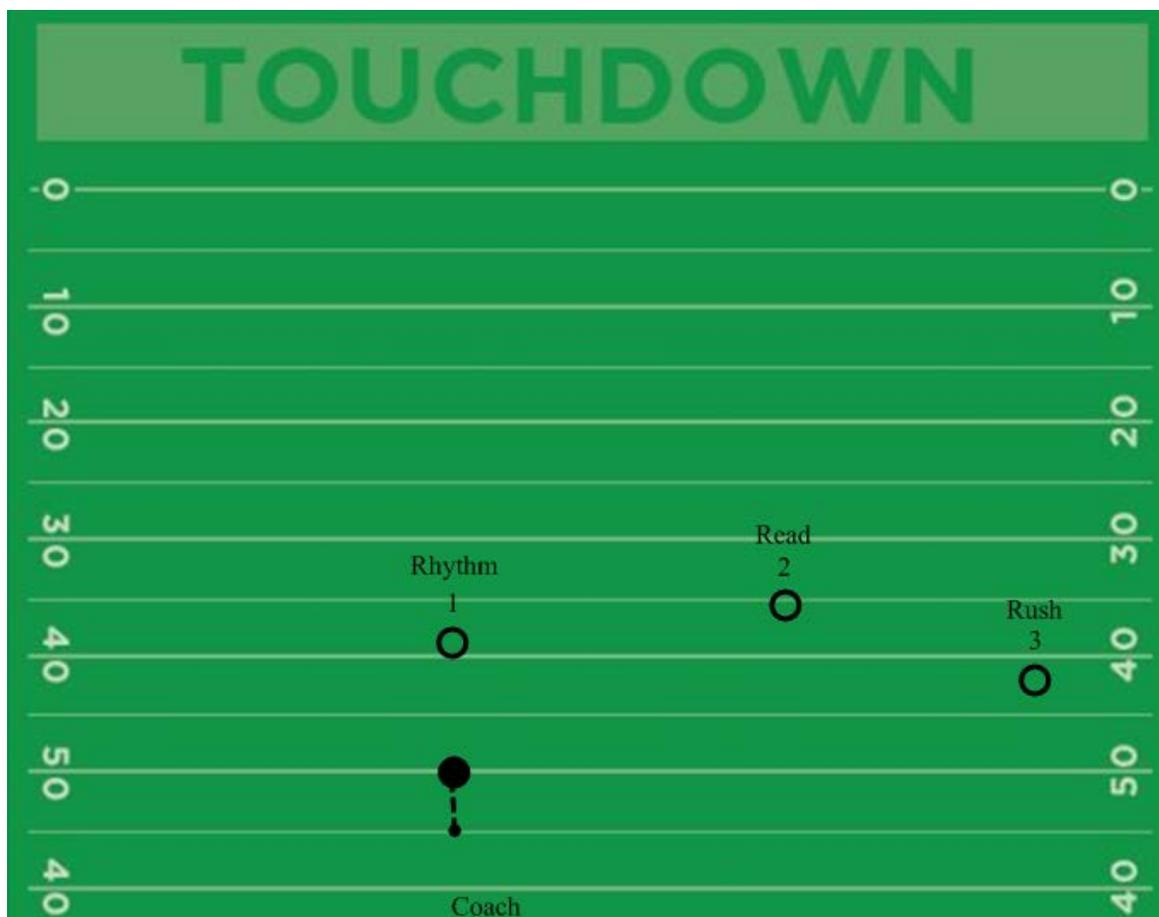
The purpose of this drill is to train the footwork and the vision of the quarterback for any passing concept you choose to install. Most of our passing concepts follow a 3 route progression. The 1st option is referred to as our Rhythm throw, the 2nd is referred to as our Read throw and the last (or check down) is referred to as our Rush throw.

I do not have the receivers run the routes; instead they are positioned where their route will “end”. This drill is less about timing with the wide receivers and more about training the quarterback’s eyes to move from route to route in the correct order and at the correct pace. It also helps train the quarterback’s feet to follow their eyes to ensure the feet are set up properly to make each throw.

I usually do this with just my QB’s and have them take turns throwing and catching but you could certainly use some of your skill players to catch these passes. I will stand behind the QB and I will point at one of the three receivers, once the ball is snapped he will put his hands up to catch the ball, and the other two receivers will keep their hands/arms down at their sides. The QB is to go through his progression until he sees the WR with his hands up.

As a coach I am watching his helmet (good drill for mounting a GoPro on the QB’s helmet) to ensure his eyes are leading him through his progression. I will also watch his feet to make sure they are following his vision and set up to make each throw. You can also film this drill from behind with your smart phone and the HUDL app if you have a hard time watching his head and feet. I will especially check his feet as he throws the ball to ensure they are in proper position. I will then check his throw for accuracy.

You could use this drill for any progression of 2+ routes and it’s an easy drill to film so you can show the player and give meaningful, visual feedback. It’s also a great way to get a ton of reps for your most important pass plays without needing a ton of resources. **I may also position dummies on the field to act a “zone defenders” or “pass rushers” too.**



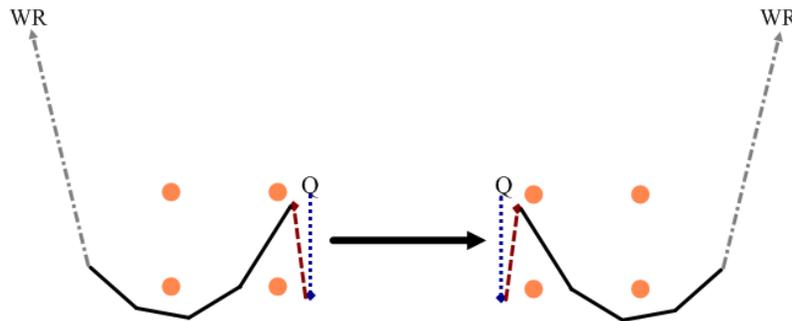
Pocket Awareness/Escape Drill (QB Drill)

The purpose of this drill is to train the QB how to climb the pocket (tie his footwork to your concepts) as well as equip him with some tools to use when he needs to escape the pocket.

This first diagram shows the QB drop (small dashed lines), shows him climbing the pocket (bigger dashes) and then escaping with an “open your hips” technique (solid line). The dashed line with the long and short dashes illustrates the QB’s throw.

You can also combine this drill with your WR scramble drill if needed. Some coaching tips for this drill:

- 1) Make sure the QB takes the proper drop before starting to climb the pocket. The last two steps of the drop should be for balance and direction, but the steps before that are about exploding away from the line of scrimmage. Check that they are pushing with their front leg and not reaching with their back leg. Also check for proper ball carriage during this time. It should be in a strong position with two hands on the ball and in ready to throw position.
- 2) As they climb the pocket have them tie the footwork to one of your pass concepts. Don’t allow them to “heal click” or hop (they need a good base) and be sure they are keeping the ball in a position that makes them ready to throw.
- 3) The open hip technique could be used for a defender who has been run over the top or for a defender who has been run in front of the QB. The key is to flip open their hips at about 45 degrees to the release side, pull the ball tight to the sternum (or as far away from the defender as possible) keeping two hands on the ball, they are working for depth and width and should keep their eyes down field, once they identify an open receiver or decide to run they should get their hips turned so their belly button is either pointed at their receiver or in the direction they will be running.
- 4) They should follow their throw if their hips were turned properly (you should drill them on throwing on the run as well). If they are running with the ball be sure to coach them on how to properly carry the ball as a running player (this can easily be forgotten when working with quarterbacks).



The second diagram is the exact same set up, but gives the QB a tool to use when they get fast pressure right at them. In this drill they get immediate pressure (top of their drop) and they will spin away from the pressure. They should spin out, keep two hands on the ball and keep it close to their sternum, they will get width away from the pocket and get their eyes back downfield right away. Once they escape the coaching points become the same as the above drill.

