

# Practice Planner

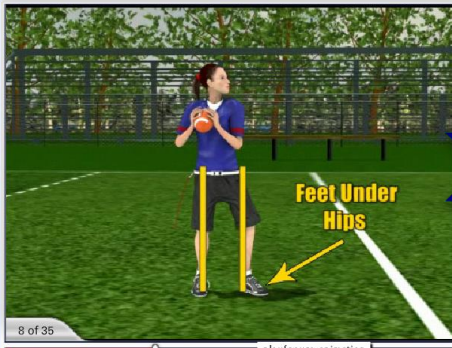
## Passing



### ● Skill Lesson – Stance & Grip

#### Quarterback

- With hands and ball chest high and feet under hips, step toward target with opposite foot.
- Lead foot and hips should aim at target.
- As you step toward target, take one hand off ball, and bring passing arm back with elbow bent.
- Keep ball above shoulder and slightly behind head.
- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.



8 of 35

play/pause animation

POSITIONS AND RESPONSIBILITIES

#### Quarterback

- Put three fingers on laces.
- Place index finger near tip of ball closest to you, off laces and across seam.
- Place middle and third fingers across laces, with fingertips on surface of ball.
- Put little finger on laces.



7 of 35

play/pause animation

POSITIONS AND RESPONSIBILITIES

#### Quarterback

##### Passing Grip

- To throw the ball effectively, the QB must grip it correctly.
- Put three fingers on laces.
- Place index finger near tip of ball closest to you, off laces and across seam.
- Place middle and third fingers across laces, with fingertips on surface of ball.
- Put little finger on laces.



7 of 35

play/pause animation

POSITIONS AND RESPONSIBILITIES

#### Quarterback

- Place middle and third fingers across laces, with fingertips on surface of ball.
- Put little finger on laces.



7 of 35

play/pause animation

POSITIONS AND RESPONSIBILITIES

#### Quarterback

- Put little finger on laces.



7 of 35

play/pause animation

POSITIONS AND RESPONSIBILITIES

#### Quarterback

- With hands and ball chest high and feet under hips, step toward target with opposite foot.
- Lead foot and hips should aim at target.
- As you step toward target, take one hand off ball, and bring passing arm back with elbow bent.
- Keep ball above shoulder and slightly behind head.
- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.



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play/pause animation

POSITIONS AND RESPONSIBILITIES

# Practice Planner

## Passing



### ● Skill Lesson – Throwing Motion

**Quarterback**

- Lead foot and hips should aim at target.
- As you step toward target, take one hand off ball, and bring passing arm back with elbow bent.
- Keep ball above shoulder and slightly behind head.
- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.
- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

**Lead Foot Aimed Toward Target**

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**Quarterback**

- As you step toward target, take one hand off ball, and bring passing arm back with elbow bent.
- Keep ball above shoulder and slightly behind head.
- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.
- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

**Ball Above Shoulders and Behind Head**

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**Quarterback**

- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.
- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

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**Quarterback**

- Hips and shoulder should move toward target ahead of passing arm.
- As arm comes forward, it should be fully extended.
- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

**Keep Elbow Bent**

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**Quarterback**

- As arm comes forward, it should be fully extended.
- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

**Fully Extend Passing Arm**

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**Quarterback**

- Make sure arm and hand point at target, and palm of passing hand rotates to outside.

**Rotate Palm to Outside**

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**POSITIONS AND RESPONSIBILITIES**

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# Practice Planner

## Passing



### ● Drill 1

#### Grip and Throwing Motion

Set-up/Action

- QBs face each other 10 yards apart and pass the ball back in forth.
- Grip with index finger near tip, middle and 3rd finger across laces and pinky at the laces.
- Bring ball to chest with 2 hands, push off back foot and step with foot opposite throwing hand.
- QBs point lead foot and hips at target.
- Remove non-throwing hand and bring ball back with elbow bent.
- Ball is brought to ear level as hips and shoulders move toward target.

The diagram shows a top-down view of a flag football field with green grass and white yard lines. Four blue circular markers represent the quarterbacks, positioned at the 10-yard line on both sides of the field. A central circle labeled 'C' represents the center. Two red footballs are shown on the field, one near the center and one near the right quarterback. The interface includes a 'Print' button and navigation controls at the bottom.

**DRILLS**

Print

# Practice Planner

## Passing



### ● Drill II

**Three Camera Passing Drill**

Set-up/Action

- 3 receivers line up 8 to 15 yards deep/5-yards apart.
- Coach stands behind the QB.
- QB takes 3 or 5-step drop.
- Coach signals to a receiver to flash his hands.
- QB steps and throws using 3-camera approach.
- Cameras are on front shoulder, belt and throwing hand.
- Each camera focuses on target in rapid succession.
- 1st camera on lead shoulder and it aims at target.
- 2nd camera at the belt and it follows 1st camera to target.

DRILLS

**Three Camera Passing Drill**

- Coach signals to a receiver to flash his hands.
- QB steps and throws using 3-camera approach.
- Cameras are on front shoulder, belt and throwing hand.
- Each camera focuses on target in rapid succession.
- 1st camera on lead shoulder and it aims at target.
- 2nd camera at the belt and it follows 1st camera to target.
- 3rd camera is on throwing hand and aims at target on release.

DRILLS

**Three Camera Passing Drill**

Camera approach.

- Cameras are on front shoulder, belt and throwing hand.
- Each camera focuses on target in rapid succession.
- 1st camera on lead shoulder and it aims at target.
- 2nd camera at the belt and it follows 1st camera to target.
- 3rd camera is on throwing hand and aims at target on release.

DRILLS

**Three Camera Passing Drill**

in rapid succession.

- 1st camera on lead shoulder and it aims at target.
- 2nd camera at the belt and it follows 1st camera to target.
- 3rd camera is on throwing hand and aims at target on release.

DRILLS

**Three Camera Passing Drill**

- 2nd camera at the belt and it follows 1st camera to target.
- 3rd camera is on throwing hand and aims at target on release.

DRILLS

**Three Camera Passing Drill**

- 3rd camera is on throwing hand and aims at target on release.

DRILLS

# Practice Planner

## Passing



### ● Skill Lesson - Movement Passing

**Quarterback**

**Movement Passing**

- When a QB drops back and then has to move, by design or because of a defensive player, he must adjust to throw on the run.
- Secure ball with both hands as you move outside.
- **Turn hips and upper body downfield.**
- Step directly toward receiver with opposite foot and keep forward momentum.
- Take one hand off ball, and bring passing arm back.
- Move arm and hand forward

**POSITIONS AND RESPONSIBILITIES**

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Continue ▶

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Turn Hips and Upper Body Downfield

**Quarterback**

- **Step directly toward receiver with opposite foot and keep forward momentum.**
- Take one hand off ball, and bring passing arm back.
- Move arm and hand forward in normal throwing motion.
- Allow foot on passing side to continue forward.
- Let palm of passing hand come down and rotate to outside.
- Throw ball out of bounds if no one is open.

**POSITIONS AND RESPONSIBILITIES**

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Continue ▶

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Step with Foot Opposite Passing Hand

### ● Drill

- Practice without ball first
- Progress to with ball repetition
- Include receivers and progress to game speed

# Practice Planner

## Passing



### ● Skill Lesson – Three Step Drop

<p><b>Quarterback</b></p> <ul style="list-style-type: none"> <li>Secure snap, push off opposite foot and step back with strong-side foot.</li> <li>Use both hands to bring ball to center of chest.</li> <li>Take crossover step with other foot, then 3rd step with strong-side foot.</li> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	<p><b>Push Off Foot Opposite Passing Hand</b></p>	<p><b>Quarterback</b></p> <ul style="list-style-type: none"> <li>Secure snap, push off opposite foot and step back with strong-side foot.</li> <li>Use both hands to bring ball to center of chest.</li> <li>Take crossover step with other foot, then 3rd step with strong-side foot.</li> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	<p><b>Step 1 - Step Back with Strong-Side Foot</b></p>
<p><b>Quarterback</b></p> <ul style="list-style-type: none"> <li>Use both hands to bring ball to center of chest.</li> <li>Take crossover step with other foot, then 3rd step with strong-side foot.</li> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	<p><b>Bring Ball to Chest</b></p>	<p><b>Quarterback</b></p> <ul style="list-style-type: none"> <li>Take crossover step with other foot, then 3rd step with strong-side foot.</li> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	<p><b>Step 2 - Crossover Step with Opposite Foot</b></p>
<p><b>Quarterback</b></p> <p><b>3-Step Drop</b></p> <ul style="list-style-type: none"> <li>A 3-step drop off a direct snap is used for shorter pass patterns, and the timing of those throws is critical.</li> <li>Secure snap, push off opposite foot and step back with strong-side foot.</li> <li>Use both hands to bring ball to center of chest.</li> <li>Take crossover step with other foot, then 3rd step with strong-side foot.</li> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	<p><b>Step 3 - Crossover with Strong-Side Foot</b></p>	<p><b>Quarterback</b></p> <ul style="list-style-type: none"> <li>Stop, bring both feet under hips with ball in both hands, chest high.</li> </ul>	

### ● Drill - Repetition