

# Practice Planner

## Shot Gun Snap



### Skill Lesson - Quarterback Perspective

**Quarterback**

- Take stance with feet even, pointing straight ahead, shoulder width apart.
- Bend knees.
- Keep back straight, shoulders even and head up.
- Lean forward so head and shoulders are in front of hips.
- Extend your arms.
- Bring bottom of palms and thumbs together, with passing hand on top.
- Extend and separate fingers.

**Feet at Shoulder Width**

2 of 35

POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Bend knees.
- Keep back straight, shoulders even and head up.
- Lean forward so head and shoulders are in front of hips.
- Extend your arms.
- Bring bottom of palms and thumbs together, with passing hand on top.
- Extend and separate fingers.

**Bend Knees**

2 of 35

POSITIONS AND RESPONSIBILITIES

**Quarterback**

snap and execute various movements.

- Take stance with feet even, pointing straight ahead, shoulder width apart.
- Bend knees.
- Keep back straight, shoulders even and head up.
- Lean forward so head and shoulders are in front of hips.
- Extend your arms.
- Bring bottom of palms and thumbs together, with passing hand on top.
- Extend and separate fingers.

**Keep Your Back Straight Shoulders Even Head Up**

2 of 35

POSITIONS AND RESPONSIBILITIES

**Quarterback**

- Lean forward so head and shoulders are in front of hips.
- Extend your arms.
- Bring bottom of palms and thumbs together, with passing hand on top.
- Extend and separate fingers.

**Lean Forward at Hips**

2 of 35

POSITIONS AND RESPONSIBILITIES

**Quarterback**

**Stance - Shotgun Formation**

- Take normal 2-point stance.
- Extend arms in front of you.
- Keep palms up and little fingers touching.
- For higher snap, put thumbs together with palms cocked back slightly.
- Look ball into your hands.

3 of 35

POSITIONS AND RESPONSIBILITIES

**Quarterback**

**Stance - Shotgun Formation**

- Take normal 2-point stance.
- Extend arms in front of you.
- Keep palms up and little fingers touching.
- For higher snap, put thumbs together with palms cocked back slightly.
- Look ball into your hands.

**Palms Up Pinkies Together**

3 of 35

POSITIONS AND RESPONSIBILITIES

# Practice Planner

## Shot Gun Snap



### ● Skill Lesson - Quarterback Perspective

<p><b>Quarterback</b></p> <ul style="list-style-type: none"><li>• For higher snap, put thumbs together with palms cocked back slightly.</li><li>• Look ball into your hands.</li></ul>	 <p><b>Thumbs Together for Higher Snap</b></p> <p>3 of 35</p>	<p><b>Quarterback</b></p> <p><b>Stance - Shotgun Formation</b></p> <ul style="list-style-type: none"><li>• Take normal 2-point stance.</li><li>• Extend arms in front of you.</li><li>• Keep palms up and little fingers touching.</li></ul> <p>For higher snap, put thumbs together with palms cocked back slightly.</p> <ul style="list-style-type: none"><li>• Look ball into your hands.</li></ul>	 <p>3 of 35</p>
<p><b>POSITIONS AND RESPONSIBILITIES</b></p>		<p><b>POSITIONS AND RESPONSIBILITIES</b></p>	

# Practice Planner

## Shot Gun Snap



### ● Skill Lesson - Centre / Snapper's Perspective

**Center**

**Grip and Shotgun Snap**

- To make a shotgun snap:
  - Take a 3-point stance.
  - Grip it as if throwing a pass.
  - Place the ball so the laces are to the outside and lower.
  - Place your first finger near the front tip, off the laces.
  - Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
  - Younger players may use both hands, with the second gripping the opposite side.

26 of 35

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POSITIONS AND RESPONSIBILITIES

**Center**

- Place the ball so the laces are to the outside and lower.
- Place your first finger near the front tip, off the laces.
- Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
- Younger players may use both hands, with the second gripping the opposite side, the thumb on top and over the middle of the ball.
- Look between your legs to make sure the QB is ready.
- On the snap count, pass the ball between your legs in a

26 of 35

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POSITIONS AND RESPONSIBILITIES

**Center**

- Place the ball so the laces are to the outside and lower.
- Place your first finger near the front tip, off the laces.
- Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
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- Look between your legs to make sure the QB is ready.
- On the snap count, pass the ball between your legs in a

26 of 35

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POSITIONS AND RESPONSIBILITIES

**Center**

- Place your first finger near the front tip, off the laces.
- Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
- Younger players may use both hands, with the second gripping the opposite side, the thumb on top and over the middle of the ball.
- Look between your legs to make sure the QB is ready.
- On the snap count, pass the ball between your legs in a smooth motion.
- Rotate your hand to the

26 of 35

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POSITIONS AND RESPONSIBILITIES

**Center**

- Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
- Younger players may use both hands, with the second gripping the opposite side, the thumb on top and over the middle of the ball.
- Look between your legs to make sure the QB is ready.
- On the snap count, pass the ball between your legs in a smooth motion.
- Rotate your hand to the outside as you release the ball.

26 of 35

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POSITIONS AND RESPONSIBILITIES

**Center**

- Place your second and third fingers over the laces and your little finger on the laces near the middle of the ball.
- Younger players may use both hands, with the second gripping the opposite side, the thumb on top and over the middle of the ball.
- Look between your legs to make sure the QB is ready.
- On the snap count, pass the ball between your legs in a smooth motion.
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26 of 35

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POSITIONS AND RESPONSIBILITIES

# Practice Planner

## Shot Gun Snap



### ● Skill Lesson - Centre / Snapper's Perspective

<p><b>Center</b></p> <ul style="list-style-type: none"><li>- Younger players may use both hands, with the second gripping the opposite side, the thumb on top and over the middle of the ball.</li><li>- Look between your legs to make sure the QB is ready.</li><li>- On the snap count, pass the ball between your legs in a smooth motion.</li><li>- Rotate your hand to the outside as you release the ball.</li><li>- Aim for a spot between the QB's belt and chest.</li></ul> <p><b>POSITIONS AND RESPONSIBILITIES</b></p>	<p>26 of 35</p> <p>play/pause animation</p>	<p><b>Center</b></p> <ul style="list-style-type: none"><li>- Look between your legs to make sure the QB is ready.</li><li>- On the snap count, pass the ball between your legs in a smooth motion.</li><li>- Rotate your hand to the outside as you release the ball.</li><li>- Aim for a spot between the QB's belt and chest.</li></ul> <p><b>POSITIONS AND RESPONSIBILITIES</b></p>	<p>26 of 35</p> <p>play/pause animation</p>
<p><b>Center</b></p> <ul style="list-style-type: none"><li>- On the snap count, pass the ball between your legs in a smooth motion.</li><li>- Rotate your hand to the outside as you release the ball.</li><li>- Aim for a spot between the QB's belt and chest.</li></ul> <p><b>POSITIONS AND RESPONSIBILITIES</b></p>	<p>26 of 35</p> <p>play/pause animation</p>	<p><b>Center</b></p> <ul style="list-style-type: none"><li>- Aim for a spot between the QB's belt and chest.</li></ul> <p><b>POSITIONS AND RESPONSIBILITIES</b></p>	<p>26 of 35</p> <p>play/pause animation</p>

### ● Drill

- Repetition
- Centre snaps ball to QB
- QB then becomes snapper

