

**ALAMO CITY QUARTERBACK CAMP
FLIGHT PROBLEMS AND SOLUTIONS**

COMMON FAULTS	DELIVERY PROBLEMS
BALL HELD TOO CLOSE TO THE CHEST	RESTRICTS INITIAL MOTION
BALL IS HELD TOO FAR AWAY FROM THE CHEST	DIPS THE BALL
BALL IS HELD TOO LOW	WINDUP OR PUMPING ACTION
BALL IS PALMED	INDEX FINGER TOO CLOSE
BALL IS PALMED	THUMB OVER THE WHITE LINE
BALL IS PALMED	NOSE DOWN
BALL IS TIGHTEN TOO MUCH	RESTRICTS TIGHT SPIN OF THE BALL
CHIN AND SPINE IS INCORRECT	LOSS OF VELOCITY
ELBOW (BACK) DOWN	POOR THROWS
ELBOW (BACK) DOWN	NOSE DOWN
ELBOW (FRONT) NOT PULLED DOWN TO HIP	LOSS OF DISTANCE AND VELOCITY
ELBOW NOT UP DURING THE RELEASE	WILL THROW SIDE ARM
FOLLOW THROUGH IS POOR	UNDER THROW
FRONT KNEE NOT FLEXED	OVER THROW
FRONT KNEE NOT FLEXED	STOP THE MOMENTUM OF WEIGHT TRANSFER
GLASS PANELS NOT BROKEN	LOSS OF CRITICAL POINTS
HIPS ARE LOCKED	LOSS OF ACTUAL DELIVERY POINT
INDEX FINGER IS TOO CLOSE	NOSE DOWN
LEAD STEP IS IN THE WAY	WILL LOCK UP THE HIPS
LEAD STEP IS TAKEN TOO SOON	UNDER THROW
LEAD STEP IS TOO LONG	NOT ABLE TO ROLL OVER FRONT FOOT
LEAD STEP IS TOO LONG	LOSS OF POWER
LEAD STEP IS TOO LONG	CAUSES THE BALL TO SAIL
LEAD STEP IS TOO LONG	DOES NOT ALLOW BODY OVER THE TOP
LEAD STEP IS TOO LONG	CAUSES THE HEEL TO TOUCH
LEAD STEP IS TOO SHORT	CAUSES THE BALL TO DROP
LEAD STEP TO RIGHT OF THE TARGET	THROWING ACROSS THE BODY
LEAD STEP TO RIGHT OF THE TARGET	LOSS OF POWER AND ACCURACY
LOCKED KNEES	NOSE DOWN
NO "V" SHAPE W/THUMB & INDEX FINGER	WILL PALM THE BALL
NO FLEXIBLE WRIST & FOLLOW THROUGH	NO TIGHT SPIN
NO FORWARD MOMENTUM	LOSS OF VELOCITY
NO TIGHT SPIN	BALL WON'T KEEP IT'S TRAJECTORY
NO WEIGHT TRANSFER	NO FORWARD MOMENTUM
NOSE DOWN	"HARD PASS"
NOSE DOWN	WILL NOT CARRY
RELEASE IS LATE	UNDER THROW
RING FINGER OVER LACES	DRAGS NOSE DOWN
SHOULDER (FRONT) IS NOT DOWN HILL	HIGH THROW
SHOULDER NOT POINTING AT TARGET	LOSS OF POWER AND ACCURACY
STANCE IN THE POCKET IS TOO WIDE	DELAY IN TRANSFER OF WEIGHT
THIRD HAND IS SKIPPED	INCREASES CHANCES OF A FUMBLE
THROW OFF BACK FOOT	NOSE DOWN
THROW OFF BACK FOOT	LOSS OF POWER
THROW OFF BACK FOOT	HIGH THROW ON SHORT & MED PASSES
THROW SIDEARM	LOSS OF ACCURACY
THROW SIDEARM	TREMENDOUS TORQUE ON ELBOW
THUMB OVER THE WHITE LINE	LOSE 90 DEGREE GRIP
WEIGHT BACK ON PLANT FOOT OF 3-STEP	HIGH THROW
WEIGHT BACK ON PLANT FOOT OF 5-STEP	WILL TAKE TIME TO RELOAD
WRIST NOT STRAIGHT PRIOR TO THROW	NO TIGHT SPIN
WRIST SNAP IS NOT SHARP	LOSS OF SPIRAL
WRIST TWISTED	LOSS OF SPIRAL

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