

**ALAMO CITY QUARTERBACK CAMP
QB DRILLS FOR QB SKILLS**

CLASSROOM	THROWING TECHNIQUE	QUICK DRAW	POP UP W/ NET	PLAYACTION TECHNIQUE	DROP & THROW	PERIPHERAL
philosophy	ball handling	right knee	walk away - easy	iso (right/left)	T-Drill @ 10-20 w/ball slap	drop w/ 2-3 @ hashes
terminology	rt knee w/1 handed pass	right knee w/shield	walk away - hard	bootleg	drop, hitch 1, 2, 3 & throw	180 & 2-3 @ hashes
approaching the LOS	right knee/left/both	hip drill w/shield	walk across - easy	bootleg adjustment	2 wo's @ hashes @ 10 yds	snake pit
soft glance & hard look	v-sit	rapid fire	walk across - hard	bootleg to the left	backpedal & throw	2 on 1
eyes throughout	right/left foot forward	rapid fire off the gun	walk line, pivot & throw	DROP DRILLS	staggered-4 QB's	3 on 2
DL technique terms	shoulder width	laces/no laces off the gun	walk across in pairs	reach drill x 10	QB's @hash/sideline(5/10)	recognition
secondary coverages	split leg	laces/no laces off side toss	BAG OF A DOZEN BALLS	1st step		read 4 across movement
drills can enhance skills	trunk twist	on vocal commands	walk away - easy	1st, 2nd, 3rd steps	ESCAPE & THROW	sprint out w/4 receivers
	turn and throw	FOOTWORK & QUICK DRAW	walk away - hard	4th & 5th	escape & throw downhill	sprint out (pass or run)
FROM THE GROUND UP	hip drill	back/front pedal & throw	walk across - easy	drop for depth		
throwing mechanics	downhill @ 15 yds	walk away - easy	walk across - hard	down the line	SPRINT OUT & THROW	
	downhill @ 25-30 yds	walk away - hard	180 w/coach @ front	drop for time	sprint, dip, setup & throw	WEIGHTED BALLS
CENTER/QB EXCHANGE	hip & heel pop	walk across - easy	laces/no laces off the gun	spacer on the line		at nine feet (1 to 4 lbs)
hand placement	camera 1, 2, 3	walk across - hard	laces/no laces off side toss	drop across field	RUN & THROW	heavy football (18-22 oz)
stance behind center	heel kicks	180 (quick feet around)	SPOT THROWING	cone drops (3/5)	down hill (1 balls)	rotator cuff (under/over)
hands under C immediately	past 5 step	360 (quick feet around)	hash/sideline @ 5/10 yds	3 drops, throw, jog	down hill (2 balls)	throwing motion
technique	loops across field	step drill (horizontal)	last phase	2 drops, jog back	down hill seesaw	2-3 lbs @ 5/10 yds
Quarterback/QB	ankle in the sky	step drill (vertical)	THROWING OFF THE GUN	53 yds - 3 step/3 pedal	circle (right/left)	wrist snap against wall
center/QB	wall	hitch 1, 2, 3 & throw	hang tech & throw left		53 yds - loop & throw @5	
cadence procedure	wrist	LACES/NO LACES	hitch & throw right	POCKET WORK	sprint & throw (R/L)	TRIPLE OPTION
cadence, exchange, play	long ball	180 off toss		always all ways	2 cones rt/left - pop hips	footwork
	transfer of weight	rapid fire w/ handoff	DROP TECHNIQUES	escapes right/left	sprint @ 45 - throw @ 45	hand off key
HAND DEXTERITY	hang time	GOAL POSTS	5 step (rt/left/middle)	escapes R/L & set-up	SPACERS	pitch key
right knee/left knee	water bucket	left arm @ goal post	quick 5 hitch/no hitch	escapes vs shield toss	over, back, zag - escape	3 qb's/2 balls
both knees	trash can	mid-point	big 5 hitch w/hitch	escapes vs heavy ball	shuffle & hitch	right/left
figure 8 - knees	ball security	diagonal 8-10 outside	big 5 hitch wo/hitch	escapes by direction	3 step & hitch	hashmark sprint (4)
waist	wet ball snaps	high release/touch @ 6x18 yds	3 step w/1 step timing (R/L)	escape & cut back	both feet in every space	L/R react w/front shield
figure 8 - waist/one knee		drop & high release/touch	3 step w/2 step timing (R/L)	drop,stepup,hitch throw (L/R)	striders	L/R quick draw w/shield
snatches		sprint & high/touch, 8 outside	3 step w/3 step timing (R/L)	fall drill	LADDER	rapid fire
360 & snatch		drop, hitch & throw @ angle	1 step	FOOTWORK & BALANCE	every one	off the corner of eye
roll the ball		goal post games	open shoulder	big pistons/small pistons	stride	ball flashes
roll the ball & let it sit		ENDZONE THROWS	drops off the gun	3 step /multiple hitches	hi-knee drop/run up - cut	53 yds (2 QB's/1 ball)
finger tips as you lower		pylons in pairs	screen	type writer	JUMP ROPE	53 yds (3 QB's/2 ball)
ball slap - hand to hand	ACCURACY	RAMP DRILLS	slip screen	elways after drop	right/left foot	last phase pitch
front/back	6 cones in the gym	ball in left hand, step & throw	hot read/blitz read	hip drill after drop	front & back (2 feet)	attack pitch read
hand switch	body point game	last phase down ramp	drop & check list	escapes off the drop	back & forth (sideways)	turn the corner pitch
drop reaction	gym basket game	throw down ramp		escapes vs rush	4 corners (2' square)	feather technique
figure 8 - run in place	line throws @ 25 yards	drop & throw down ramp	SPRINT OUT TECHNIQUE	elways across field	CADENCE	numbers
figure 8 - running	T-drill @ 10/20 yds	CURB DRILLS	sprint out to the right	easy (footwork only)	loud open moving mouth	reads
ball wrestle	walk line w/partner	ball in left hand, step/throw	sprint out to the left	hard (footwork only)	clap drill	give/pitch key on LOS