

**THE MAKE-UP OF A QUARTERBACK**

<b>MENTALITY</b>	<b>MECHANICS</b>	<b>FOOTWORK</b>
loves football	reaction	compensates for lack of size
strong work ethic	throwing motion	stance
self-starter	compact throw	getting ball from center (regardless of how bad)
loyal to the cause	quick release	quickness off his stance
attitude (the most powerful factor in success)	fluid motion	stride with lead foot
dumb QB's make dumb mistakes, smart QB's .....	the way he drops back	sprinting out
handling both praise & criticism when magnified	polished vs. overhauling tools	<b>MOBILITY</b>
having the footwork smarts to learn...	utilizing proper mechanics to give "less effort throw"	athletism
toughness	"passer" or a "thrower"	speed time
courageous player	flight & trajectory	quickness test times
standing his ground right before a hit	extension of the center	exploding from center (getting more time in the pocket)
nervousness beyond ...	3rd hand techniques (responsible for 3rd defender)	quickness & reaction
decision making separates game from practice QB's	flight problems	<b>POCKET WORK</b>
competitiveness	play faking	knows how to elude the pass rush
making the big plays		avoiding the rush
avoiding plays for a loss	<b>CORE STRENGTH</b>	footwork knowledge
accepting the risk of leadership	accuracy tends to be end result	feels the blitz
handling the pressure of being...		makes throws without panic vs. heavy rush
bring out the best in other 10 ... makes them better		fearless in the pocket
coaching the receivers hard (in sync with receivers)	<b>ARM STRENGTH</b>	decisive movement (moving with a purpose)
overcoming stigmas	good enough vs. knowledge	moving comfortably in the pocket
high expectations	throwing with velocity	recognizing when his feet tell him "not to throw"
feel for the game by being a student of the game	throwing the deep out	usage of line of vision
<b>ACCURACY</b>		getting to passing spot
gunslinger (performance while being shot at)		false stepping
pocket passer efficiency	<b>DURABILITY</b>	<b>OPTION MECHANICS</b>
passing on the run to his right	surviving and still strive playing a marked man	footwork knowledge
passing on the run to his left	handling pain & injury (practice/game)	decisive foot movement
avoiding the interception (70-80%, 50-60%, possibility)	handling illness (practice/game)	recognizing defensive techniques
interceptions (2nd best play in the passing game)	toughness between the tackles	understands defensive taught responsibilities
throwing well targeted ball (getting the ball on his body)		eyes on his "give read" on 1st step & in sync w/FB on the mesh
his faith in throwing before receiver comes out of cuts		gets in his base ... doesn't run thru his ride
grass throws where receiver is going to be	<b>FIELD VISION</b>	pulls ball out aggressively ... pops elbows to chest!
throwing where only receiver can catch it	awareness	death grip during the ride
proficiency	peripheral vision	ball security
touch (different throws)	freezing FS or looking DB off	reading efficiency
ball location	locking on receiver and forcing throws	decision making abilities
tight spin that enables ball to maintain it's course	recognizing coverages	turns the corner when 1st read is "give"
receiver catching his throws in full stride	recognizing coverage vulnerability based on blitz	pitching well targeted ball to his left/right
passive or aggressive ball	making the rights reads	quickness on the pitch technique
avoiding crossing the receivers path	"soft gaze" to "hard focus"	quickness to pitch read
leading receiver to uninvited QB territory	habits & tip-offs	ducks the shoulders & downhill tight on midline "pull"

excellent      good

good enough      average

fair      poor