

2024 QB Position Drill Set

1 – 3 Step From Under Center Frontside/Backside

Drive step, setup step, hit and release. 5-6 yard hitch.

2 – 5 Step From Under Center Frontside/Backside Flat

3 – Play Action Reverse Out From Under Center

Reverse out two hand faked sprint out to backside Drag.

4 – Play Action Dive Fake From Under Center

Reverse out two hand faked sprint out to backside Hook.

5 – Quick Game From Gun Frontside/Backside 5-6 yard hitch.

6 – Punch Gather From Gun 9 Yard Stop

7 – Rhythm Read 3 Step From Gun. Frontside/Backside Sit.

8 – 3 Step With Hitch (Reset) Corner / Post / 10 Yard Out

9 – 3 Step With Hitch (Reset) Corner / Post / 10 Yard Go Route

10 – Wave Drill And Throw

Start with three step and rhythm bounce, frontside backside step with base leg first. Focus on sense of urgency in movements and ball security with eyes down field.

11 – Wave Drill Turn And Burst

Wave drill but with back to 5 cones. Basic wave drill movements and then coach will call a number 1,2,3 or 4. The number represents one of the open holes the QB will burst through and throw on the run.