

## QUARTERBACK TIPS

### **Be a Leader:**

Leaders are players who make good decisions on and off the field. They motivate their fellow teammates to give their all. They are passionate. When two players have nearly equal skills, coaches will always give the opportunity to the player with stronger leadership. Aside from statistics, college and NFL scouts look for prospects with an incredible work ethic and good character.

### **Keep Your Throwing elbow Up:**

One of the most common habits of untrained quarterbacks is to drop the elbow of the throwing arm. This causes the ball to be thrown "side arm". Throwing the ball side arm creates tremendous torque on the elbow joint and makes it more difficult to throw the ball with accuracy. Work to keep the elbow above the shoulder through the release.

### **Practice Accuracy:**

Accuracy should be your number one goal with every throw. Regardless of whether you're warming up or throwing the long ball, always strive for a precise target. Practice drills which test and improve your accuracy for all types of throws.

### **Quick Feet:**

Jumping rope, carioca, quick footwork and drills which improve foot speed are essential for quarterbacks. Footwork is the foundation of a solid drop.

### **Strengthen the Core:**

The secret to a strong ball is not only a strong arm, but core strength. Activities which enhance the strength of the abs, obliques, hips and gluts will help put velocity on your ball. Quarterbacks can improve the explosive strength of these muscles by combining medicine or weighted balls with throws, rotations and ab work.

### **Good Attitude:**

Respect your coaches and fellow teammates. While privately you may not agree with your coaches approach, never openly challenge his technique. Remain positive. Use body language that says you're a winner, alert and open to constructive criticism. Ask your coach what you can do to improve your game. A player with a good attitude and outstanding work ethic will always have a better opportunity to start.

### **Head Steady/Eyes Focused:**

While you certainly don't want to broadcast to your defender where you plan to throw, once you've located your man, zero in on your target. Keep the head steady, eyes focused and make the pass.

### **Explode away from the Center:**

On all drops, explode away from the center with speed and confidence and purpose. Practice various drops as often as you practice your pass - daily!

### **Warm-up Gradually:**

The shoulder and the elbow joint are extremely susceptible to injury. Don't assume your arm is warm simply because the body is warm. Reduce your risk for injury by warming the shoulder with slow controlled movement including circumduction to promote the production of synovial fluid and improved range of motion for the rotator cuff.

### **Improve your grip:**

Next to an interception, the worst thing a quarterback can do is fumble the ball causing an unnecessary turn-over. Quarterbacks with "sticky" hands practice releasing, gripping and grabbing the ball. Drills like those covered Camp Quarterback Live! will improve your ability to recover and maintain a rock solid grip on the ball.

## **Throwing a Pass**

\* Start with a good grip, fingers spread lightly across the laces, thumb and forefinger making a "U" that cradles the tail of the ball. The strength of your grip should come primarily from your thumb, middle and ring fingers. The bigger your hands (or the smaller the ball), the farther back you can grip, and the easier it will be to achieve a spiral.

\* Stand with your feet directly beneath your hips, keeping your non-throwing hip facing the target. Grip the ball solidly with your throwing hand while cupping it lightly with your nonthrowing hand. As in baseball, most of a good throw's power will come from your legs and trunk, so steady your base as you focus on the target.

## **Quarterback Fundamentals**

- **Gripping the Football**

The grip will vary, depending on the players hand size, but make sure the grip is firm, but that he does not squeeze the ball. The hand should not be flat against the ball, there should be some air between the ball and the QB's palm. This will ensure good control with the fingertips.

- **Stance under Center**

Make sure the QB's feet are no wider than the centers, approximately shoulder width apart, as a guide. Knees bent slightly (obviously this will also vary due to QB and Center's Height). With weight evenly displaced. Make sure QB's head is up and looking at the defense.

- **Hands under Center**

(This assumes QB is right handed, reverse everything for left handed QB)

Place back of right hand firmly against centers butt, palm facing down. Hands should be about wrist deep under center. Left hand should then be placed palm up, against the other hand, with the edge and base of each thumb touching. Some players like to have the back of their left hand against the side of the Centers butt so that they do not obstruct the ball when it is snapped.